

USEFUL TELEPHONE NUMBERS

SANeline 08457678000 **'help is at the end of the line'**
open from 6.00pm till 11.00pm daily, including Christmas,
New Year and all other public holidays.

SAMARITANS 08457 90 90 90 **'things on your mind'**
Samaritans provides confidential emotional support, 24
hours a day for people who are experiencing feelings of
distress or despair.

Hearing Voices Network Information & Enquires 0845 122 8641

If you hear voices HVN can help, we are committed to
helping people who hear voices.

The aims of the network are

- ◆ To raise awareness of voice hearing, visions, tactile sensations and other sensory experiences
- ◆ To give men, women and children who have these experiences an opportunity to talk freely about this together.
- ◆ To support anyone with these experiences seeking to understand, learn and grow from them in their own way.

We try to achieve through these objectives

- ◆ Promoting, developing and supporting self-help groups
- ◆ Organising and delivering training sessions for health workers and the general public
- ◆ Making available a telephone line that gives information and help to people who experience hearing voices, seeing visions and tactile sensations
- ◆ To give men, women and children who have these experiences an opportunity to talk freely about them.
- ◆ Produce four newsletters a year

HAVERING MIND

Having Mind is a local mental health charity. We aim to

- ◆ Support people with mental health issues.
- ◆ Provide support to people who care for some suffering with mental health issues.
- ◆ Supports children between the ages of 10-18 who are in social crisis.

ARE YOU

- ◆ Positive—we need volunteers who can act as a role model to those who need a helping hand.
- ◆ A good listener—could you provide a listening ear, build rapport and give those in need a chance to be heard.
- ◆ Approachable—are you friendly, polite and responsive.

If you answered yes to these questions and would like to become a volunteer for Having Mind please contact us.

Membership of Having Mind is open to anyone with an interest in mental health.

Application for Membership.

Name.....

Address.....

.....

.....

Postcode.....

Telephone.....

Email address.....

Membership runs from 1st September—31st August

Fees:

Concessions Single £3.00

 Couple £4.00

Non Concessions Single £10.00

 Couple £15.00

Funded by
Having NHS



INVESTOR IN PEOPLE



For better
mental health



Hearing Voices group

HAVERING MIND
HARROW LODGE HOUSE
HORNCHURCH ROAD
HORNCHURCH
RM11 1JU

TEL:01708 457040

FAX:01708 457040

www.havingmind.org.uk

Registered Charity Number 1108470
Company Number 4184862

Remember that you are not alone. Research shows that 4% of people hear voices, this is the same number as have asthma

There are many different reasons why people hear voices

The group is run within a safe and confidential setting

We have a non-judgemental approach and always aim to focus on the positive

We aim for mutual support between group members

- ◆ Do you hear voices?
- ◆ Does hearing voices make you feel isolated and alone?
- ◆ Would you like an opportunity to talk about your voices in a relaxed and safe environment?
- ◆ Would you like to explore ways of managing your voices?

If the answer to any of the above is yes, then Havering Mind's Hearing Voices group could be your first step to a more positive future.



IF YOU WOULD LIKE FURTHER INFORMATION PLEASE CONTACT THE GROUP FACILITATORS

**Jenny Forsey
Or
Susan Cornell**

on
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01708 457040

or
Email:
havmindhq@hotmail.com

THANKYOU TO ALL SERVICE USERS,
VOLUNTEERS AND STAFF WHO
CONTRIBUTED TO THE
PRODUCTION OF THIS LEAFLET.