Resources on Hearing Voices

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Books and Articles


Arenella, J. (2012). Just accept it, the voices are real: Accepting the reality of voice hearers can open the door to change and recovery, says psychologist. Behavioral Healthcare (6), 20-23.


Beavan, V. & Read, J. (2010). Hearing voices and listening to what they say: The importance of voice content in understanding and working with distressing voices. *Journal of Nervous and Mental Disease*, 198, 201-205.


Deegan, P. Coping with voices: Self-help strategies for people who hear voices that are distressing (available from National Empowerment Center, www.power2u.org).


**Websites**

Behind the Label – [http://www.behindthelabel.co.uk](http://www.behindthelabel.co.uk)


Hearing Voices Network – [http://www.hearing-voices.org](http://www.hearing-voices.org)

Hearing Voices Network Australia – [http://hvna.net.au](http://hvna.net.au)

Hearing Voices Ireland – [http://hearingvoicesnetworkireland.ie](http://hearingvoicesnetworkireland.ie)

Hearing Voices Network USA – [http://www.hearingvoicesusa.org](http://www.hearingvoicesusa.org)

Intervoice – [http://www.intervoiceonline.org](http://www.intervoiceonline.org)

Mental Health Foundation – Hearing Voices – [http://www.mentalhealth.org.uk/help-information/mental-health-a-z/H/hearing-voices](http://www.mentalhealth.org.uk/help-information/mental-health-a-z/H/hearing-voices)


Voice Collective – [http://www.voicecollective.co.uk](http://www.voicecollective.co.uk)

**Films**


*Take These Broken Wings* (2008). Available at: [http://wildtruth.net/dvd/brokenwings](http://wildtruth.net/dvd/brokenwings)