



## Hearing Voices Network

for people who hear voices, see visions or have other unusual perceptions

### Medway Peer-Support Hearing Voices Group

Do you hear voices that others cannot hear?

Do you see visions that others cannot see?

Do you smell or feel sensations when there doesn't seem to be anything there?

If you do, **YOU ARE NOT ALONE!** These are common experiences and we would like to offer a safe space where you can share your experiences and hear others' stories, receiving support from peers.

#### **WHEN:**

Starting Thursday 1st September 2016, 6:00pm—7:30 pm

The group will then run every Thursday evening,  
6:00pm—7:30pm

#### **WHERE:**

Mental Health Resource Centre  
147 Nelson Road  
Gillingham  
Kent  
ME7 4LT

This is a very relaxed and informal group open to anyone who feels they may benefit including friends, relatives and carers. Importantly, there is no requirement for you to speak in the group if you do not want to. If you are interested in attending the group or would like more information, please contact either **Karen: 07979 118 884** or

**Nif: 07539 225 358.**