

I hear voices

I hear voices that other people don't. I'm not 'crazy' (no-one is, that's just a stupid label). I'm not a 'freak' and I don't need anyone's pity. I'm a strong person. I'm a survivor. I'm a musician, a sister, a friend and a geek.

Best of all, I live a life that I really love. I'm lucky - not cursed.

It wasn't always like this. When I was growing up I went through some really bad stuff. No child should have to deal with that. I couldn't talk to anyone about it, and couldn't ask for help. Instead, I started seeing monsters. By my teens I felt lost in an alien conspiracy and, by the time I went to uni, I was overwhelmed with scary voices. I started to act weirdly and everyone thought I'd lost it.

A few years later, I was lucky enough to meet the Hearing Voices Network. I went to a peer support group and found out that I wasn't alone. I wasn't a freak. It was life changing. I discovered ways of understanding, and coping with, my voices. I found my strength.

I still hear voices (13 of them, to be exact). But is that really a problem? I live, I work, I love and I try to use my experiences to help others. I talk with my voices, set limits with them when I need to. They don't control me - I do.

Between 3-10% of people hear voices others don't. Voices can be helpful, frightening, inspiring, annoying or comforting.

Help us celebrate World Hearing Voices Day today.

Please share this story with all of your friends and help beat the stigma.

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