



VOICE COLLECTIVE

Stigma-busting Action Group

BREAK THE SILENCE!



1-3 PM, 2ND SATURDAY OF THE MONTH

Mind in Camden, Barnes House, 9-15 Camden Road, NW1 9LQ

ABOUT THIS ACTION GROUP

- ★ Around **1 in 5 young people** hear voices or **see visions** at some point in their lives. But, in our society, lots of people don't feel able to speak about it. We want to change that.
- ★ The 'Break The Silence' action group **brings together young people who want to challenge the stigma** surrounding hearing voices and seeing visions.
- ★ Together, we will use our experiences and creativity to develop ways of **raising awareness, challenge misconceptions** and **help other young people** to get the confidence to reach out for help if they need it.
- ★ This group runs **monthly** on the 2nd Saturday of each month, and launches on Saturday 11 June at 1pm - 3pm.

LAUNCHING - 11 JUNE



WHO CAN COME?

The group is **open to young people (aged 12-19)** who hear voices, see visions or have other unusual sensory experiences.

It is **free** and open to young people no matter where they live.



ABOUT VOICE COLLECTIVE:

Voice Collective is Mind in Camden's London-wide project to support children and young people who hear voices, see visions or have other unusual experiences.

TO FIND OUT MORE, OR SIGN UP:

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