



HEARING VOICES?

# BEHIND THE LABEL

A FREE TALK & DISCUSSION EVENING IN FAVERSHAM: OPEN TO ALL

**IF YOU BELIEVE** what's written about people who hear voices in the media, you might think that they are either violent or tragic victims of a severe and life-long 'mental illness'.

As is often the case, **this is not the whole story** (or even the largest part of it). People can, and do, find ways of living with voices. Unfortunately these **misconceptions** can leave people who hear voices feeling like a 'freak', unable to ask for help if they need it.

**THIS TALK & discussion evening** gives you the unique chance to **look behind the headlines** and hear the 'real' story.

- 👂 Find out **what it's like to hear voices** or see visions.
- 👂 Hear about a **fresh approach to understanding** voices & visions.
- 👂 Learn how people can **learn to cope** with difficult experiences.
- 👂 Hear Rachel's **story of recovery** from overwhelming voices & visions.
- 👂 Think about how we can better **support children, young people & adults** who hear voices in Faversham and beyond.

**THURS 24<sup>TH</sup> JULY**  
**7-9 PM**

**@ THE ALEXANDER  
CENTRE**  
**15-17 PRESTON ST**  
**FAVERSHAM, ME13 8NY**

**FREE ENTRY**

**BOOK ONLINE:**

[www.voices-fav.eventbrite.co.uk](http://www.voices-fav.eventbrite.co.uk)

**E:** [rachel@behindthelabel.co.uk](mailto:rachel@behindthelabel.co.uk)

**W:** [www.behindtheabel.co.uk](http://www.behindtheabel.co.uk)

**OPEN TO ALL**



**RACHEL (RAI) WADDINGHAM** began seeing visions as a child and hearing voices in her late teens. After 'breaking down' at university, she was diagnosed with 'schizophrenia' - a diagnosis she no longer identifies with. Aged 36, Rai still hears voices. She works as manager of the London Hearing Voices Project (working with young people and people in prisons who hear voices). She is an international trainer, media spokesperson, real ale geek and lives a life that she loves.

**BOOK YOUR PLACE: [WWW.VOICES-FAV.EVENTBRITE.CO.UK](http://WWW.VOICES-FAV.EVENTBRITE.CO.UK)**