
A PLACE FOR MY HEAD

Hearing Voices

Thanks to Danny for helping with this one

Hearing voices is described as someone hearing a noise or a voice that others do not. This can be accompanied by seeing, feeling and/or smelling things. Some people experience voices which are pleasant and comforting but some voices can be criticising, threatening or cause confusion. Voices can whisper, shout, be clear or muffled. They can vary in type and content such as sentences or just words and the voice might be genderless/male/female, old or young. Sometimes people hear sounds such as knocking, rustling, crying, screaming or music. People can find hearing voices to be distressing and leave them feeling powerless.

WHAT HELPS?

Music - Listening to music (not related to hearing voices) can distract from difficult voices and overpower them if they become too loud. Equally, music about hearing voices can help to relate to other people's experiences. This can help people feel less alone and scared.

Drawing - This helps to 'let out' emotions and thoughts.

Support systems - having family and/or friends to talk to.

Therapy - accessing therapy can help to build skills to cope not to be 'cured'.

METAL SONGS ABOUT HEARING VOICES

Motionless in White - Voices,
Holding on to Smoke
Bad Omens - Malice, Reprise
North Lane - Talking Heads
Disturbed - Voices

Alice In Chains - Voices
Five Finger Death Punch - My Own Hell
Coal Chamber - Loco
Avenged Sevenfold - Nightmare

RESOURCES FOR HEARING VOICES

HMT playlists – <https://heavymetaltherapy.co.uk/voices/> see this link for our Hearing Voices playlist, created by HMT community members.

HMT Stories - The HMT website has a story from Richard where he walks about how metal music helps him with his voices - <https://heavymetaltherapy.co.uk/metallica-voices/>

Research/Nerdy Stuff - <https://heavymetaltherapy.co.uk/2020/05/30/some-voices-stuff/> see our website for some research bits related to our event with the Hearing Voices Network.

Self-Help - <https://www.hearing-voices.org/> see the hearing voices network for further information and self-help resources for Hearing Voices.

Groups - Voices groups can be useful to share experiences and get support from other voice hearers <https://www.hearing-voices.org/hearing-voices-groups/>.

Professional Support - If you are in the UK and need further advice around hearing voices, you can seek a referral via your GP.

**FOR MORE INFORMATION, PLEASE VISIT:
WWW.HEAVYMETAL THERAPY.CO.UK**