

# LET'S TALK ABOUT VOICES



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Hearing voices home

Meet the voice hearers

Video series and worksheets

Resources

## Video series and worksheets

Explore and learn about voices. On this page, you will find seven videos and printable worksheets to help you explore, navigate and learn about your voices. These worksheets work best after you have watched the corresponding video.



### Introduction to hearing voices

Find out about how common it is to hear voices and explore different voice hearing experiences.

[See Printable Worksheet](#)



### The big questions

Explore various explanations for voice hearing experiences and find answers to some questions.

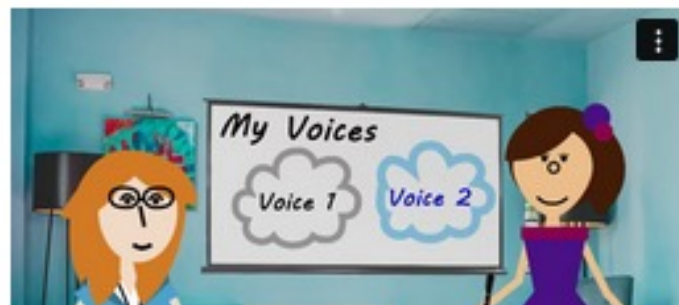
[See Printable Worksheet](#)



### Exploring recovery

Explore the concept of recovery and learn about your strengths and values.

[See Printable Worksheet](#)



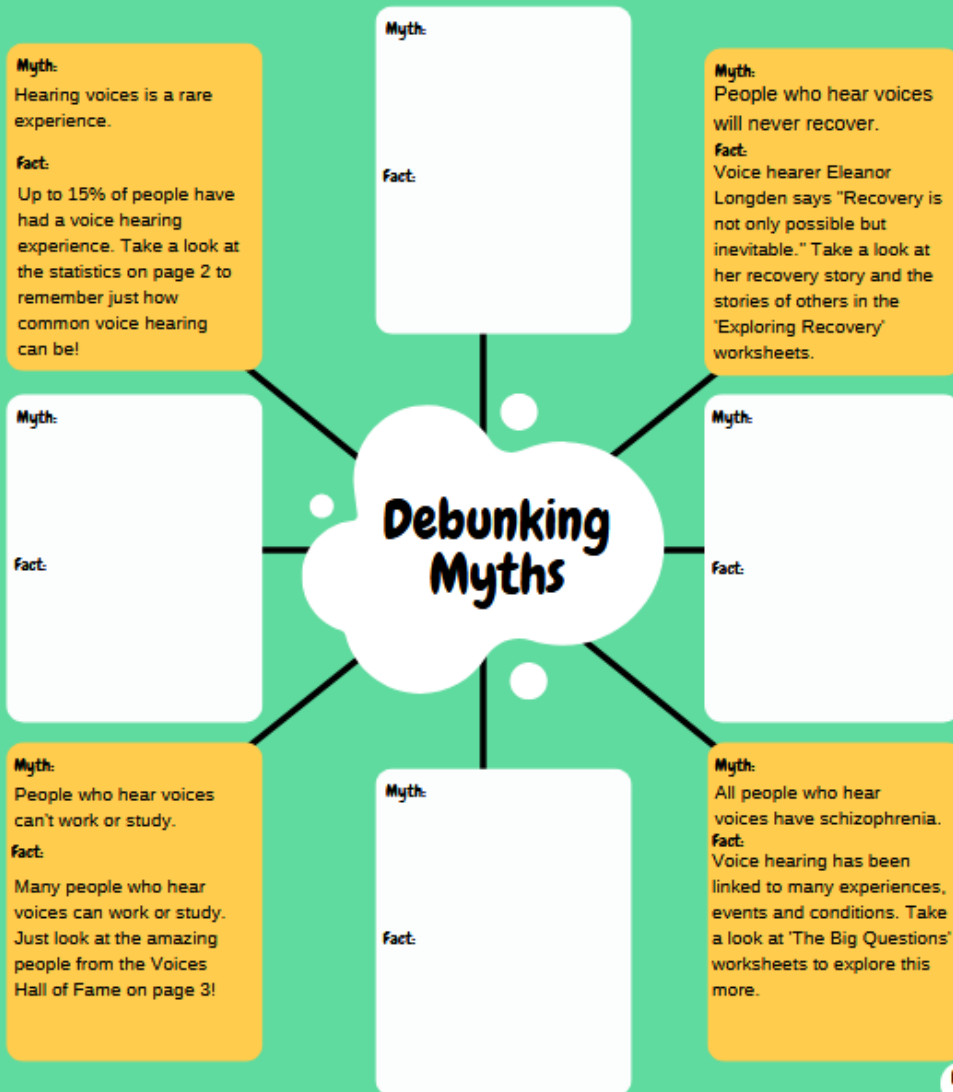


## Debunking the Myths



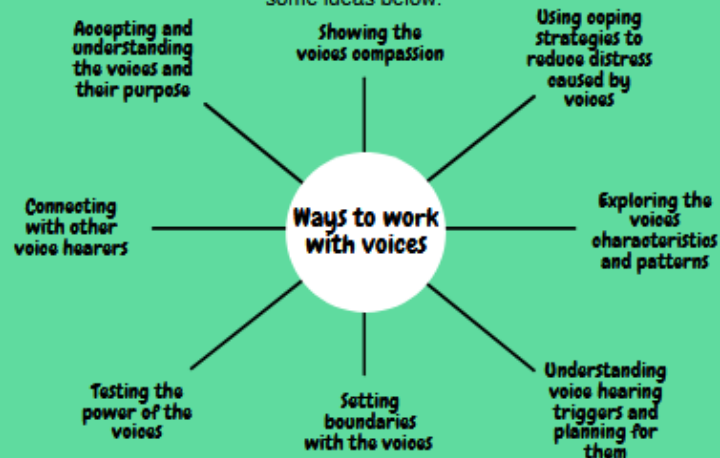
### Activity

There are many myths and conceptions about hearing voices. Let's debunk a few of them! In the boxes below, write some myths you've heard about voice hearing. Now, think about how you have proven these myths wrong through your own experiences, knowledge or research. A few of the boxes have been filled in with examples to get you started.



## Working with Voices

There are many different ways that people learn to engage and work with their voices. Take a look at some ideas below.



### Activity

How do you engage or interact with your voices? Do you talk to them? Do you avoid them? Think about how you might like to engage with them differently. Would you like to show them compassion? Or maybe set some boundaries with them? Write down your thoughts in the boxes below.

There are lots of different ways to work with voices. We will be exploring these ideas further in some of our other worksheets!

How I currently relate to and interact with my voices

What I would like to change about the interactions I have with my voices?





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## Evaluating Let's Talk About Voices

- ▶ RCT for mental health workers who have not used LTAV before
- ▶ Questionnaire for people who have used Let's Talk About Voices (voice hearers, family/friends, mental health workers)
- ▶ Pre-post study for voice hearers who have not used LTAV before
- ▶ Interviews (voice hearers, mental health workers)



## Randomised controlled crossover trial (Mental Health Workers)

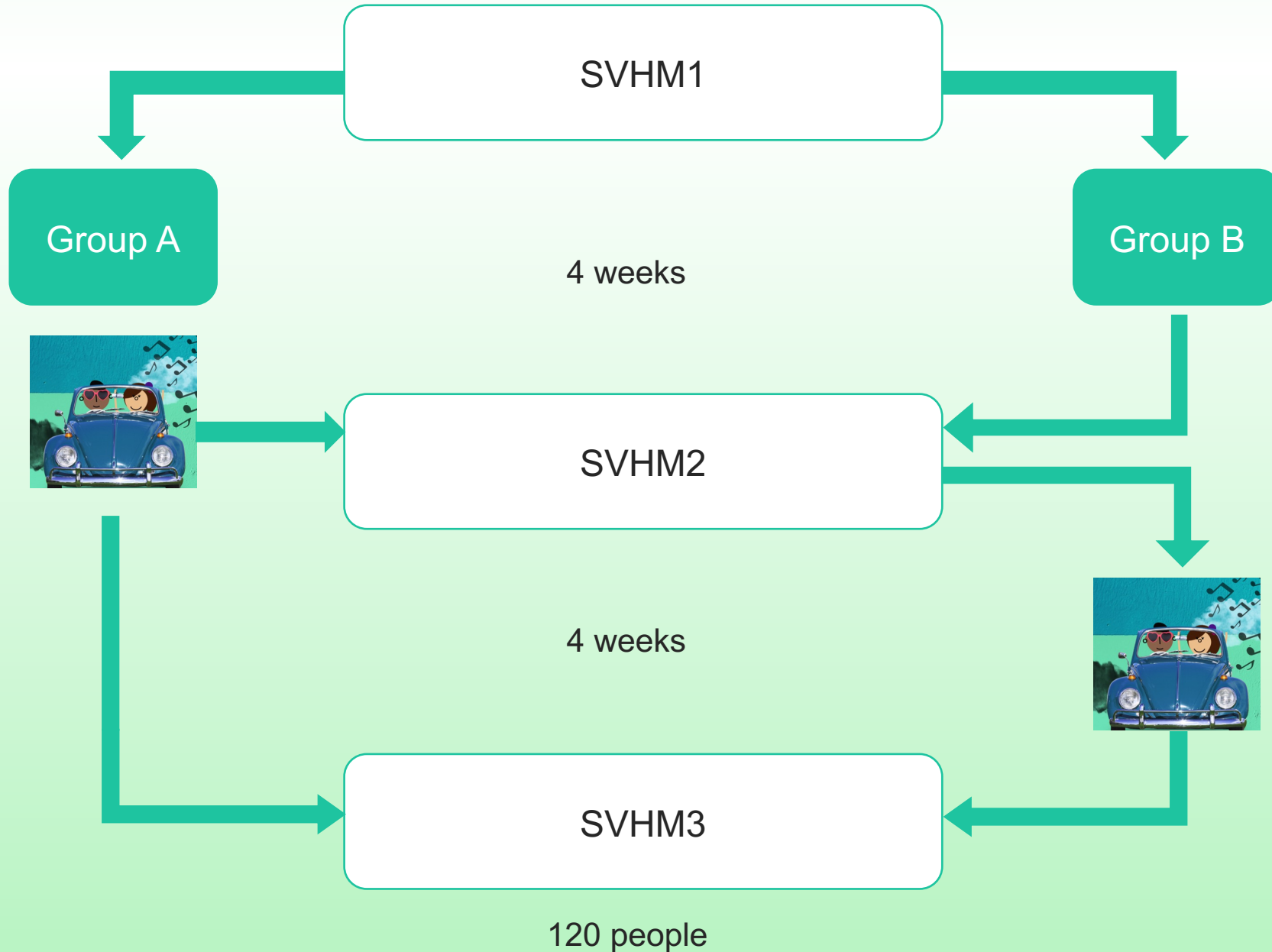
What is the impact of engaging with Let's Talk About Voices on mental health workers' beliefs, attitudes, confidence and practice around working with voice hearers?

The Supporting Voice Hearers Measure (SVHM)

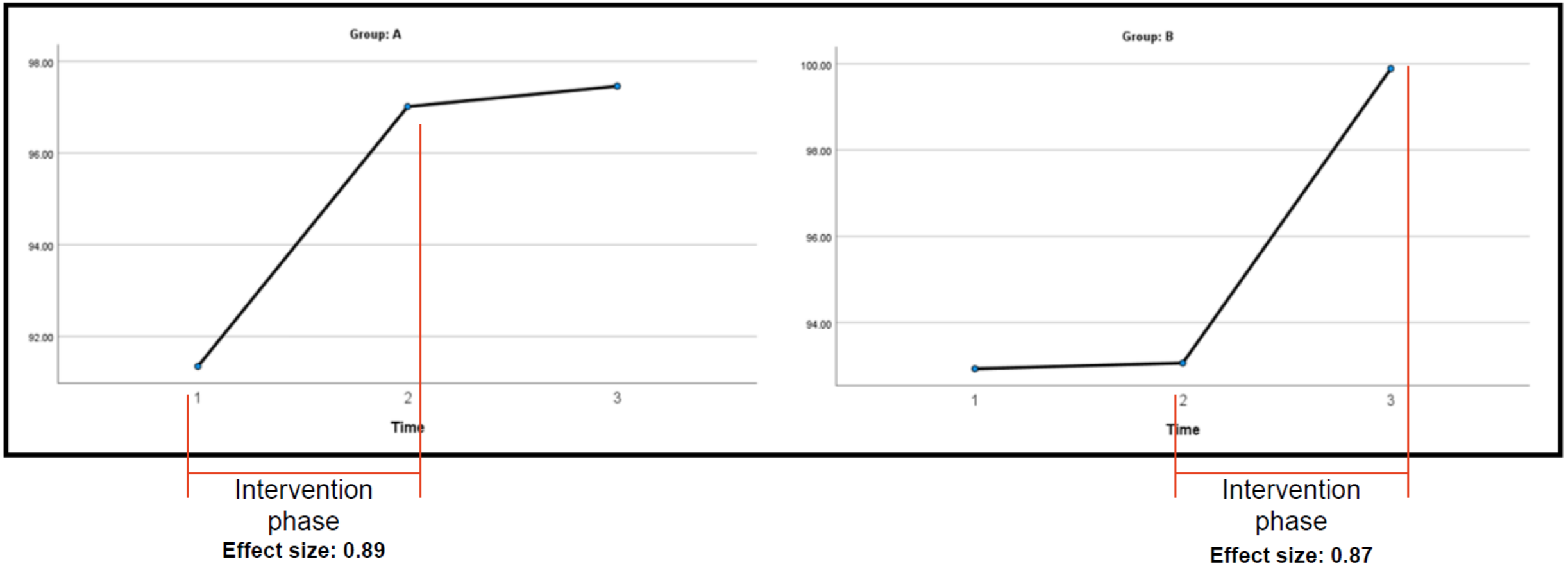
## Supporting Voice Hearers Measure – example statements

- ▶ People can live a good life while continuing to hear voices
- ▶ I feel overwhelmed or out of my depth when people talk to me about their voices
- ▶ I have sufficient knowledge and understanding of voice-hearing to work positively with voice-hearers
- ▶ I routinely talk with people about their voices – for example, their personae and what they say
- ▶ Hearing about the experiences of other voice-hearers is likely to be beneficial for people who hear voices

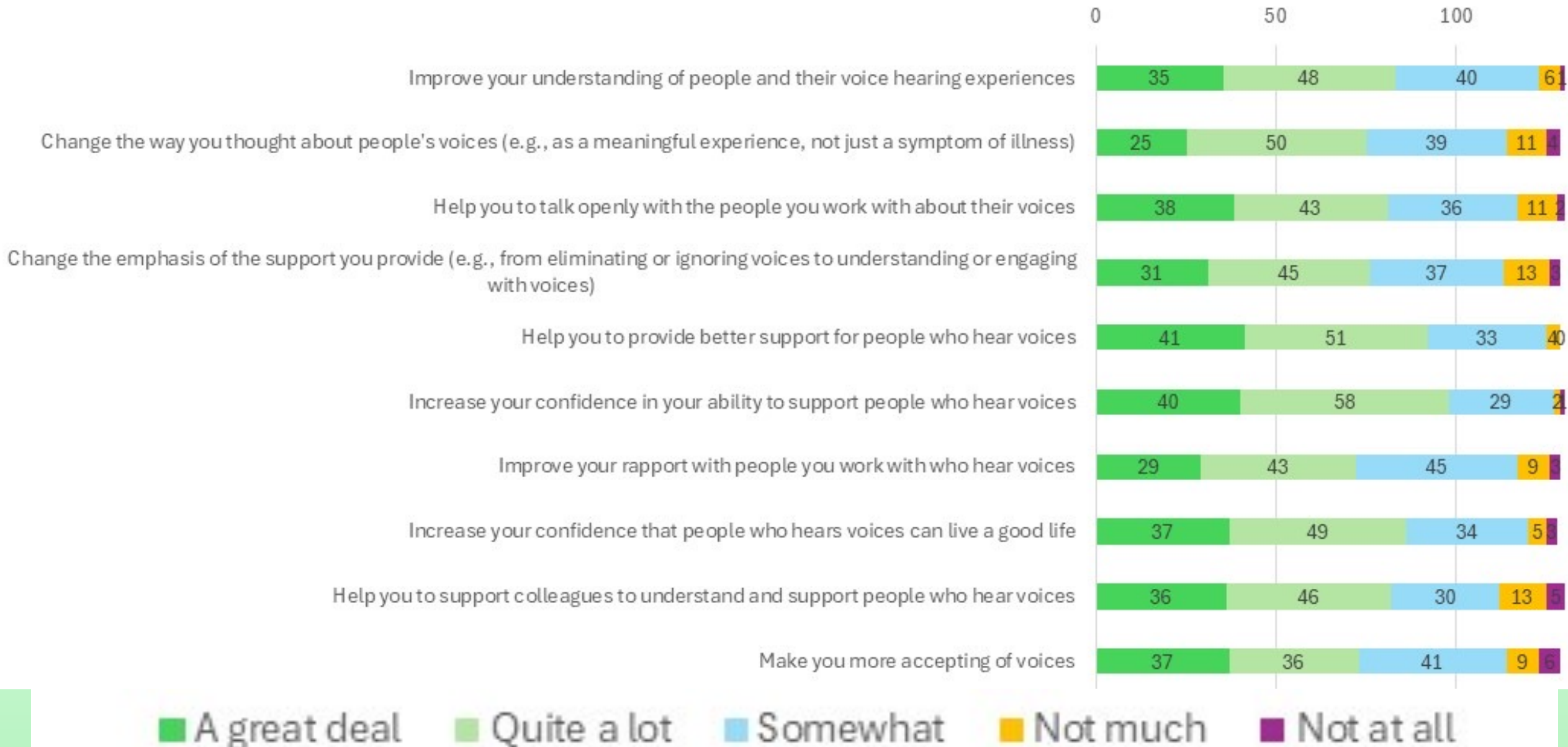
# Randomised controlled crossover trial (Mental Health Workers)



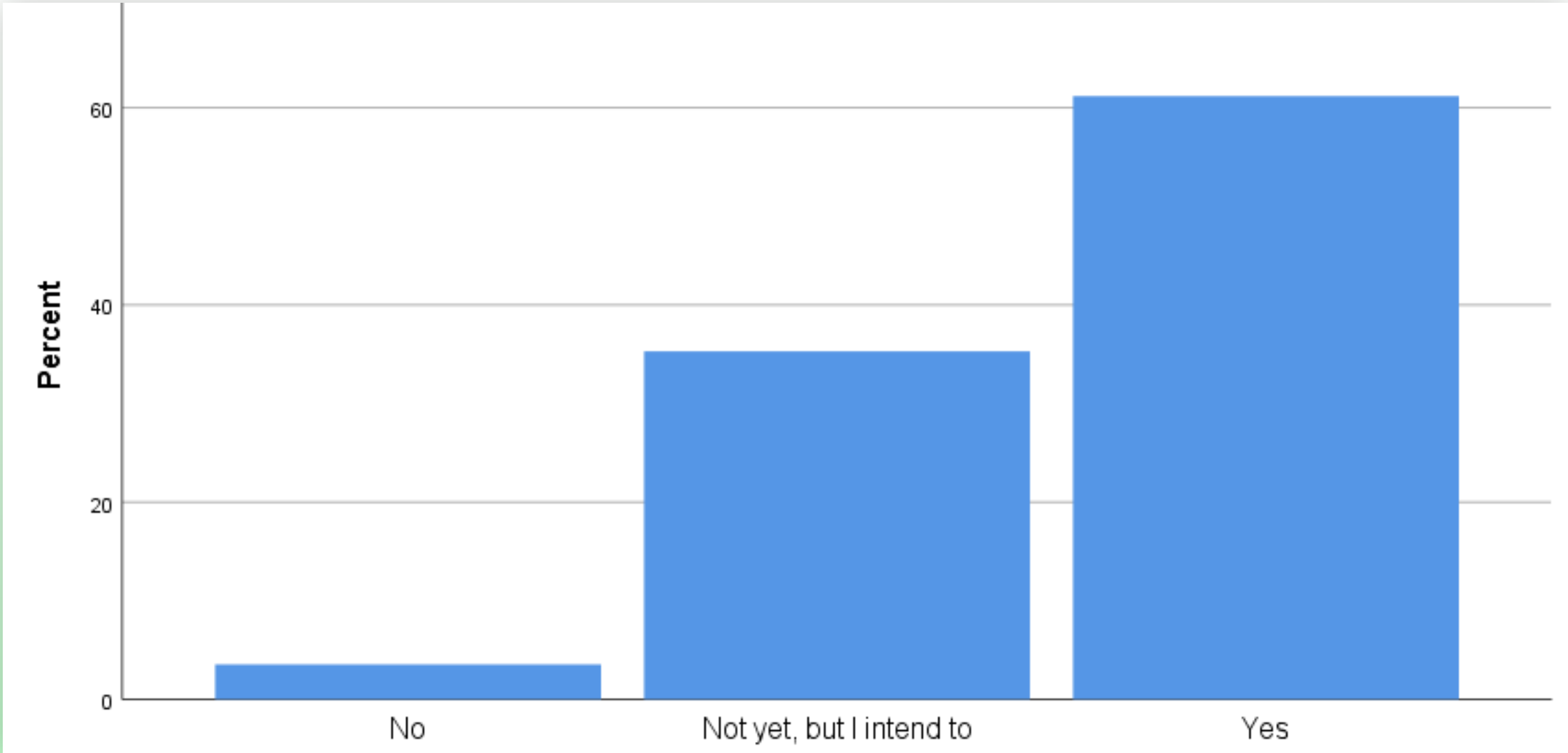
# The Results



# How much did the Let's Talk About Voices resources...



# Have you recommended the Let's Talk About Voices videos and/or worksheets to colleagues?





An engaging online toolkit for people who hear voices, supporting workers, families and carers.



SCAN ME

[www.nslhd.health.nsw.gov.au/hearingvoices](http://www.nslhd.health.nsw.gov.au/hearingvoices)



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Honey, A., Scanlan, J., Sherwin, L., Zink, H., Wells, K., Jessup, G., & Hancock, N. (2025). Let's Talk About Voices: A randomized controlled crossover study of a resource to support mental health workers to support voice hearers. *BJPsych Open*, 11, e139. <https://doi.org/10.1192/bjo.2025.10071>

Honey, A., Jessup, G., Scanlan, J., Sherwin, L., Zink, H., Wells, K., & Hancock, N. (2025). Staff perspectives of a resource for supporting voice-hearers using a hearing voices approach. *Psychosis*,. <https://doi.org/10.1080/17522439.2025.2545768>

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