

embrace *ᵂᵂᵂ* diversity

portlandhearingvoices.net

Portland Hearing Voices creates public education and community support related to hearing voices, seeing visions, and having unusual beliefs and sensory experiences often labeled as psychosis, bipolar, schizophrenia, and other mental disorders. We aim to reduce fear and misunderstanding, question stereotypes, promote holistic health options, overcome isolation, and create a more inclusive and supportive community.

We recognize emotional distress and pain while also exploring positive sides of creativity, sensitivity, and spirituality. We include people with a psychiatric diagnosis, people who take medications, and people who don't. We ask the question, What do these experiences mean to you? and welcome all interpretations and ways of coping. Groups and events are low-income accessible and non-judgmental.

Portland Hearing Voices is led by people with lived experience of hearing voices, altered states of consciousness, and psychiatric diagnosis. We are a 501(c) non-profit under the fiscal sponsorship of the Mental Health Association of Portland.

Join our email list online to be updated with or work.

What does Portland Hearing Voices do?

- * Public education events
- * Regular discussion and support groups
- * Training and consulting for mental health and other service providers.
 - * Resource listings and referrals
 - * Meet and weave a community together.

How can you help Portland Hearing Voices?

- * Make a tax-deductible contribution; checks payable to Portland Hearing Voices/MHAP or visit our website to make an online donation.
 - * Volunteer to help and spread the word.
 - * Sponsor a training or workshop for your agency or group.

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www.portlandhearingvoices.net

THINGS TO TALK WITH EACH OTHER ABOUT... (and is it OK to talk about them?)

Did you, or anyone you know, ever in your life...

hear voices? hear things other people couldn't?
get inspired by a wild vision that led to a crisis?
believe strange things to be true that no one else believes?
see things other people didn't? feel like you were talking to spirits?
feel like the universe was communicating with you?
been so paranoid you went into hiding? believe conspiracies were after you?
become so anxious or scared you couldn't work or eat?
have such intense non-stop energy that it scared other people?
have someone's thoughts broadcast into your mind?
feel psychically controlled or invaded by someone or something?
had God appear right before your eyes, or talk with you, or unite with you?
feel like you were going crazy? Actually go crazy? What happened?
wish you could tell someone you're worried about them, but were afraid to offend them?
felt like you were on a special mission, a divine destiny?
become suicidal - even for a moment? Try to commit suicide? Know someone who did?
become so emotional you couldn't communicate rationally?
feel so bad you got a prescription for psychiatric drugs? Did they/do they help?
worry that someone was losing their mind but didn't know what to do?
wish you had somewhere to go other than a hospital or doctor's office?
become a patient on a psychiatric ward?
get taken away by the police for being crazy or out of your mind?
get told by a doctor that you had to take a medication for the rest of your life?
get diagnosed bipolar, schizophrenic, or psychotic? tell co-workers you had a diagnosis?
hide your true feelings out of fear people would think you were crazy?
hide your true feelings out of fear people would think you were lazy or weak?
ask for help from a doctor but had a bad experience? good experience?
feel afraid to tell a doctor or therapist what was really going on? Why or why not?
see a pharmaceutical company advertisement on tv? What was it like?
take psychedelic mushrooms or lsd and lost your mind? What was it like?
get called crazy by someone you were fighting with and wondered if they were right?
become so sleep deprived you heard things, saw things, or lost your mind?
cut yourself? pull your hair? burn yourself? bang your head?
do self destructive things because you felt so bad?
fantasize about killing someone? have a thought, impulse, or voice to kill someone?
hear your own voice commenting on everything you do and think?
think people around you were robots? Tricking you? Laughing at you?
wished you could just "be normal"?
felt unbearable anger and despair at how messed up the world is?
tell someone they were acting so different they should see a doctor?
have reactions or allergies to food that made you feel crazy?
feel crazy when you were having your period? after giving birth?
become afraid of a person on the street because they seemed crazy? Why?
realize a friend was crazy and stopped being their friend? Why?
wonder if maybe being just a little bit more crazy might be a good thing?