

What is voice hearing?

MYTHS AND FACTS

Hallucinations involve hearing voices, seeing or sensing things in the absence of an external source

Help challenge public misconceptions of hallucinations

MYTH: Hallucinations (e.g. hearing voices) are rare.

FACT: Hearing voices is quite common, occurring in around 10-25% of people, and across cultures.

MYTH: Hearing voices means that you have schizophrenia.

FACT: Hearing voices and other hallucinations occur in a wide range of conditions, including psychotic disorders, depression, anxiety, eye-disease, hearing impairment and dementia. They also occur in people experiencing trauma, emotional distress or bereavement, as well as in those with **no** disorder at all.

MYTH: People who hear voices never recover.

FACT: Many people don't need help for their voices, they are accepted as part of who they are. For those who do seek help, there are safe and effective psychological interventions that can significantly reduce voice-related distress and make these experiences more manageable.

MYTH: People who hear voices are dangerous.

FACT: Hearing voices does not make people more violent or more likely to take part in criminal behaviour.

MYTH: Hearing voices is always a bad thing.

FACT: For some people, hearing voices can be distressing. However, for many others hearing voices may not be distressing at all and may be a positive or supportive experience.



Perth Voices Clinic

Call us on 0477 453 264

Murdoch University Child and Adult Psychology Service
Building 440, Murdoch University,
90 South Street, Murdoch, WA 6150

Midland Clinic (Ages 12-25 only)
Unit 7, 64 Morrison Road, Midland,
Midland, WA, 6056

