



Puget Sound Hearing Voices

Embracing Mental Diversity

www.pugetsoundhearingvoices.org

We are a peer-run support and education community, dedicated to promoting greater public awareness of mental diversity in Washington State and beyond. Our chief purpose is to create a safe, non-judgmental environment where those who have experienced voices, visions and extreme states of consciousness can come together and talk.

We firmly believe there is meaning behind what we go through, and that there are many ways to interpret what today is commonly called “mental illness.”

We strive to help each other explore, understand, grow and heal by sharing experiences and coping strategies with honesty and acceptance.

Our online meetup group is expressly for:



People who have experienced voices, visions, wild energy, extreme states of consciousness, special messages and unusual beliefs



People who have been given label(s) of “mental illness” such as bipolar disorder, schizophrenia, psychosis, or others



People who have had these experiences but have *not* engaged in mental health services and bring a different framework (all frameworks welcome)



People who directly support someone who has had these experiences are welcome to attend the group as well.

*Our meetings are free of charge, completely voluntary and no registration is required. This group is unaffiliated with any mental health agency.
We share our experiences, learn new ideas and have fun too!*

We meet every Tuesday 5:30 to 7 pm

To prevent the spread of COVID-19/Coronavirus, we have paused our in-person meetings and are hosting them online and via telephone.

Please contact john@pugetsoundhearingvoices.org or call (503) 832-0123 for connection information.

Welcome to Puget Sound Hearing Voices!

We are:

- Friendly, Respectful, Supportive, and Caring
- Open-minded (no preconceived notions, explanations, etc.)
- Welcoming to both experiencers and supporters
- Not “judgy”
- A social meeting (not a therapy group)
- Free to change our minds at anytime
- Here because we want to be (each person is free to come and go from the meeting)

In our meetings, we:

- Share our personal experiences
- Honor and accept each person’s experiences
- Don’t try to talk others out of their experiences, explanations, or the meaning they make of their experiences
- Make no assumptions regarding why others are here
- Prefer common, easily-understood language that reflects the experience of the person sharing
- Want each person to take care of themselves as they need, such as by leaving the group or taking a break
- When requested, give personal reflections (feedback) on others’ sharing
- Maintain a safe and confidential space
- Aim for an attitude of radical forgiveness



PACIFIC RIM

Hearing Voices Network

Voices, Visions and Unshared Realities

www.PacificRimHVN.org