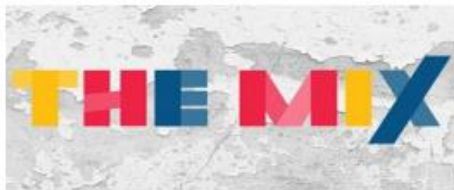




Provides lots of information and advice



Provides lots of information, advice, support and has an online peer support form



Provides free 24/7 support  
Call for free  
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

### People

Safe relationships,  
Good people are you.

### Purpose

A purpose in life,  
A great education built for you.

### Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU  
01553 887330



# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



## Hearing Voices?



## All about hearing voices

Hearing voices does not mean that there is something wrong with you. It is a common human experience.

Around 1 in 10 young people will hear voices that other people do not hear.

People have many different experiences of hearing voices. Some people find the voices comforting, others find them distracting or irritating whilst some people can find the voices frightening.

For many people the voices that they hear gradually fade away.

Voices that people hear are not always negative. Some can be positive and provide advice in difficult situations.

### Reasons why people hear voices

- stress/worry
- bullying
- lack of sleep
- hunger
- illness
- going through a difficult time

## What can I do to help myself?

It can be scary to hear voices, but, there are things you can do to try to help yourself.

- keep your mind busy (name all the people at your school)
- distract yourself (do something you enjoy or go for a walk)
- listen to music
- focus on your breathing (slow deep breaths, in through your nose, out through your mouth)
- focus on things you can feel (take a shower, stroke a pet)

## What else can I do?

Talk to someone you trust, a school staff member, a family member or a carer.

Talking to someone about what you are going through can really help and means you don't have to go through it alone!

There is no need to feel embarrassed. If you don't want to tell someone face to face try writing it down.

## What other support is there?

Remember you are not alone. There is lots of support out there. You have not done anything wrong and deserve the support!



On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Helpline, web chat, email support  
Text mermaids to 85258  
Lots of support and advice



**ONLINE, ON THE PHONE, ANYTIME**  
childline.org.uk | 0800 1111

Childline are here to talk to you  
24/7  
Chat online  
Call free