

# Resources for People who have Non-Consensus Experiences

This is a resource list for people who hear voices, see visions, see visions, have unusual perceptions, negotiate alternative realities, or have other non-consensus experiences that are often labeled as psychosis and their supporters. View this resource list online:

[www.namimass.org/nonconsensus](http://www.namimass.org/nonconsensus).

**Updated December 2024**

## Need additional resources related to non-consensus experiences?

Reach out to our Compass Helpline at NAMI Massachusetts! The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at [compass@namimass.org](mailto:compass@namimass.org), or schedule a call with us. Learn more about the Compass Helpline at NAMI Massachusetts: [www.namimass.org/compass](http://www.namimass.org/compass).



## Peer-Led Groups

Find support within these spaces for people who have non-consensus experiences.

### Hearing Voices Support Groups

Hearing Voices groups do not pathologize the experience of hearing voices or experiencing other altered/extreme states. Instead they ask, “what does the experience mean to you?” You can identify your experience in any way that works for you to attend this group. Sometimes that looks like voices, sounds, visions, sensations...or other unusual experiences.

Hosted by the Wildflower Alliance - virtual

<https://wildfloweralliance.org/online-support-groups/>

Hosted by the Wildflower Alliance in person

<https://wildfloweralliance.org/calendar/>

Hosted by Advocates, Inc.

<https://advocates.org/virtual-support-groups>

Hosted by Folktime

<https://www.folktime.org/what-we-do/supportgroups>

Hosted by Project Return Peer Support Network

<https://heypeers.com/organizations/127>

Hosted by the Voice Collective

<https://www.voicecollective.co.uk/peer-support-groups>

### Living with Alternate Realities

<https://kivacenters.org/online-peer-support/>

This group is an open space for those who identify with hearing voices, alternate realities, multiple person(s)/beings in one body, out of body experiences, paranoia, invasive/intrusive thoughts and actions, memory issues, and more. Sometimes these experiences can be intense and distressing, sometimes helpful and powerful. For some of us, they are all of these things.

This group is a safe space for sharing a variety of perspectives on these experiences: we don't

dictate or invalidate anyone's experience with the topic, but stay curious, open, and compassionate. Hosted by the Kiva Centers.

## Online Communities

These online communities for people who have non-consensus experiences are a good source for asynchronous support.

### **Hearing Voices Forum**

<https://www.mentalhealthforum.net/forum/forums/hearing-voices-forum.36/>

Speak with others who hear voices, share experiences, information and learn about other approaches.

### **Hearing Voices Facebook Support Group**

<https://www.facebook.com/groups/voicessupport>

The purpose of this community is to help individuals who are hearing voices and for you to help each other.

### **Hearing Voices Network Facebook Support Group**

<https://www.facebook.com/groups/hearingvoicesgroupsupport>

Welcome to our private group, where we aim to raise awareness about what it is like to hear voices, experience visions or alternate realities. We challenge negative stereotypes and stigma related to being labeled as psychotic, schizophrenic, crazy, schizo, possessed, evil or a danger to others. We manage two groups where we actively listen, show care for each other, and provide a range of different ways to manage distressing, confusing or difficult voices.

### **Hearing Voices Network Subreddit**

<https://www.reddit.com/r/HearingVoicesNetwork/>

We do not tell others what to believe or do, an illness framework is not necessary.

### **Psychosis Forum**

<https://www.mentalhealthforum.net/forum/forums/psychosis-forum.199/>

The place to discuss psychosis. Any discussion related to your condition and experiences of psychosis are most welcome!

## Resources for Self-Help

Check out these resources.

### **Coping Strategies**

<https://southbayprojectresource.org/wp-content/uploads/2016/02/hvn-aotearoa-nz-coping-strategies-for-hearing-voices.pdf>

Ideas for managing voices. From Hearing Voices Network Aotearoa.

### **Hearing Voices Coping Strategies**

[https://www.hearing-voices.org/wp-content/uploads/2012/05/Hearing\\_Voices\\_Coping\\_Strategies\\_web.pdf](https://www.hearing-voices.org/wp-content/uploads/2012/05/Hearing_Voices_Coping_Strategies_web.pdf)

Ideas for dealing with voices. From the Hearing Voices Network.

### **Psychosis Outside the Box**

<https://rethinkpsychosis.weebly.com/psychosis-outside-the-box-visions-felt-presences-alterations-of-time-space.html>

First-hand accounts of non-consensus experiences and ideas for managing them. From Rethink Psychosis.

### **Rethink “Negative Symptoms”**

<https://rethinkpsychosis.weebly.com/rethink-negative-symptoms.html>

First-hand accounts of experiences typically labeled as “negative symptoms” and ideas for managing them. From Rethink Psychosis.

### **Staying Out of the Hospital: a Guide to Surviving Psychosis**

[https://xfadex.wordpress.com/wp-content/uploads/2013/02/surviving\\_psychosis-read.pdf](https://xfadex.wordpress.com/wp-content/uploads/2013/02/surviving_psychosis-read.pdf)

This pamphlet offers support and guidance for people who are going through a mental health crisis from a non-judgmental and holistic perspective.

### **Strategies for Coping with Distressing Voices**

<https://www.hearingvoices.org.nz/attachments/article/90/Coping%20Strategies.pdf>

Ideas for dealing with voices. From Hearing Voices Network Aotearoa.

## Resources for Supporters

Check out these resources for supporters of people who have non-consensus experiences.

### **Hearing Voices Family & Friends Support Groups**

The Hearing Voices Network USA is a national network incorporating the fundamental belief that there are many ways to understand the experience of hearing voices and other unusual or extreme experiences. They offer information, resources, and opportunities for support.

Hosted by the Wildflower Alliance

<https://wildfloweralliance.org/online-support-groups/>

Hosted by NAMI New York City Metro

<https://naminycmetro.org/programs/hearing-voices-family-friends/>

Hosted by the Voice Collective

<https://www.voicecollective.co.uk/peer-support-groups>

## Other Resources

Check out these additional resources.

### **Hearing Voices Network USA**

<https://www.hearingvoicesusa.org/>

### **Intervoice**

<https://www.intervoiceonline.org/>

### **Voices Collective**

<https://www.voicecollective.co.uk/>