

# embrace ɹəʊəʍ diversity

portlandhearingvoices.net

Portland Hearing Voices is an education, support, and training center on hearing voices, seeing visions, and having unusual beliefs and experiences often labeled as psychosis, bipolar, and schizophrenia. We aim to reduce fear, question stereotypes, 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 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, pro-treatment choice, and non-judgmental, and include people who take and don't take medications, and have and don't have a psychiatric diagnosis.

Portland Hearing Voices was founded by Will Hall ([www.willhall.net](http://www.willhall.net)) and is peer-run. We are a 501(c) non-profit under the fiscal sponsorship of the Mental Health Association of Portland.

*Please join our email list at [www.portlandhearingvoices.net](http://www.portlandhearingvoices.net).*

## What does Portland Hearing Voices do?

- \* Ongoing support groups
- \* Public education events and workshops
- \* Training and consulting for mental health and service providers.
  - \* Resource listings
  - \* Counseling referrals
- \* Gatherings to weave a community together

## How can you help Portland Hearing Voices?

- \* Write a tax-deductible check or visit our website to donate online.
  - \* Sponsor a training or workshop for your agency or group.
  - \* Educate yourself and start discussions in your community
- \* Listen to Madness Radio on KBOO [www.madnessradio.net](http://www.madnessradio.net)

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## Did you, or anyone you know, ever...

hear voices or 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 believed?  
see things other people didn't, or talk to spirits?  
feel like the universe was communicating with you?  
feel so paranoid you went into hiding? believe conspiracies were after you?  
become so anxious, scared, or depressed you couldn't work or eat?  
have such intense non-stop energy that it scared people?  
have someone's thoughts broadcast into your mind?  
feel psychically controlled or invaded by someone or something?  
have God appear right before your eyes, or talk with you, or unite with you?  
feel like you were going crazy, or actually go crazy?  
wanted to tell someone you're worried about them, but were afraid to offend them?  
feel like you were on a special mission, a divine destiny?  
become suicidal - even for a moment - or try to commit suicide?  
become so emotional you couldn't communicate rationally?  
feel so bad you got a prescription for psychiatric drugs, and 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 mental health diagnosis?  
hide your true feelings out of fear people would think you were crazy, lazy or weak?  
ask for help from a doctor or therapist?  
feel afraid to tell a doctor or therapist what was really going on?  
see a pharmaceutical company advertisement on tv?  
take psychedelic mushrooms or lsd and lose your mind?  
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, or bang your head?  
do self-destructive things because you felt so bad?  
have a thought, impulse, fantasy or voice to kill someone?  
hear your own voice commenting on everything you do and think?  
think people around you were robots, tricking you, or laughing at you?  
feel unbearable anger and despair at how messed up the world is?  
tell someone they were acting so different and strange they should see a doctor?  
call the police because someone was in a crisis?  
have reactions or allergies to food that made you feel crazy?  
feel crazy when you were having your period? after giving birth?  
feel crazy after taking a prescription medication like steroids?  
become afraid of a person on the street because they seemed crazy?  
decide a friend was crazy and stop being their friend?  
think the whole world is crazy?  
wish you could just "be normal?"  
wonder if being just a little bit more crazy and free in your life might be a good thing?