

# Did You Hear That?: Help For Children Who Hear Voices

Here are some tips for helping children who hear voices:

- **Talk to your child about what they are hearing.** Let them know that it is okay to talk about their experiences, and that you are there to listen.
- **Reassure your child that they are not alone.** Tell them that other people have heard voices, and that there are resources available to help them.
- **Help your child to understand why they are hearing voices.** Talk to them about the different reasons why children might hear voices, and help them to identify any factors that might be contributing to their own experiences.
- **Teach your child coping mechanisms.** There are a number of different coping mechanisms that children can use to deal with hearing voices. Some helpful techniques include:
  - **Talking to a trusted adult.** This could be a parent, teacher, counselor, or other adult who can provide support and guidance.
  - **Writing or drawing about their experiences.** This can help children to express their feelings and to process what they are going through.
  - **Listening to music or reading books about other people who have heard voices.** This can help children to feel less alone and

to learn from the experiences of others.

- **Seek professional help if needed.** If your child is struggling to cope with hearing voices, it is important to seek professional help. There are a number of different therapies that can be helpful for children who hear voices, including:



## Did You Hear That?: Help For Children Who Hear

**Voices** by Issai Chozanshi

★★★★☆ 4.5 out of 5

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- **Cognitive-behavioral therapy (CBT).** This type of therapy helps children to challenge negative thoughts and beliefs, and to develop more positive coping mechanisms.
- **Family therapy.** This type of therapy helps children and their families to communicate more effectively and to develop strategies for coping with hearing voices.
- **Medication.** In some cases, medication may be necessary to help children manage the symptoms of hearing voices.

## Resources for Children Who Hear Voices

- [The Hearing Voices Network](#)
- [The National Alliance on Mental Illness](#)

- [The Anxiety and Depression Association of America](#)
- [The Child Mind Institute](#)

## Additional Tips for Parents

- **Stay calm.** It is important to stay calm and reassuring when talking to your child about hearing voices.
- **Listen to your child without judgment.** Allow your child to express their feelings and experiences without interrupting or dismissing them.
- **Validate your child's experiences.** Let your child know that you believe them and that you understand what they are going through.
- **Avoid using negative labels.** Do not label your child as "crazy" or "mentally ill."
- **Seek professional help if needed.** If you are concerned about your child's hearing voices, it is important to seek professional help.



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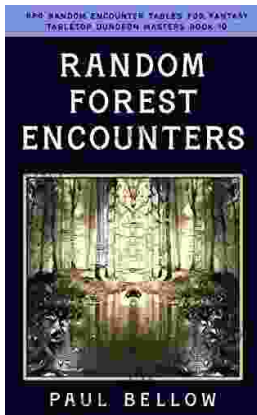
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