



Benefits of Peer Support Groups

According to the National Institute of Health research, peer support groups like those provided by the Bay Area Hearing Network are effective in engaging people into care, reducing the use of emergency rooms and hospitals, and reducing substance abuse.

Peer support groups have also been found to increase participants' sense of hope, control, and ability to effect changes in their lives; increase their self-care, sense of community, belonging, and satisfaction with various life domains. They also decrease participants' level of depression.

Research also shows that peer support can improve people's wellbeing, with fewer hospital stays, larger support networks, and better self-esteem, confidence and social skills. The BAHVN offers five peer facilitated groups every week. Check out our schedule of groups on the last page of this newsletter. **JOIN US!**

New BAHVN Family and Friends Support Group

Starting Tuesday, November 7th, at 6 pm, the BAHVN will be starting a new family and friends support group. Family members with loved ones who hear voices or experience other unusual experiences are invited to attend. Admission is free. The group will be co-facilitated by BAHVN members Ed Herzog and Cindy Marty Hadge.



RESOURCES

When Conversation Turns to Suicide: On-Line!

Wednesday, Jan 10, Friday, Jan 12, Wednesday, Jan 17 & Friday,
Jan 19, 12pm to 4pm EST

This training is for anyone (family, friends, providers, peer supporters, etc.) who is interested in learning about the Alternatives to Suicide approach and how to better support people who are struggling with suicidal thoughts.

[Click here for more information and to register](#)

Reasons to Live: Talking About Suicide

Online workshop, Tuesdays 4:30-6pm Eastern, November 5-
December 12 for ages 13-21

What can you do when a friend tells you they don't want to be alive anymore? ...Or when you feel hopeless too? **You are not alone!**
Come join us for ideas and support!

For more info or for registration e-mail
micah@wildfloweralliance.org

Report On Improving Mental Health Outcomes

In September, 2023, a new report on the state of 'mental health' services and improving outcomes was released by authors Jim Gottstein (a US-based attorney and psychiatric survivor who created psychrights.org), Peter C. Gøtzsche (a doctor and former part of the Cochrane Institute based in Denmark), David Cohen (David Cohen is Professor of Social Welfare and Associate Dean of the UCLA Luskin School of Public Affairs), Chuck Ruby (Director of the International Society for Ethical Psychology and Psychiatry), and Faith Myers (author of Going Crazy in Alaska).

Overall, the report makes a strong case for why the current system is failing us, and covers numerous supports that offer better alternatives but that are vastly underfunded and often not even known about by the average citizen.

[The full report can be read HERE](#)



Join BAHVN on Instagram

We are trying to get the word out about BAHVN on Instagram. If you have photos or artwork you would like to share on BAHVN's Instagram account submit them to Kailin Wang, our Instagram Moderator. She can be reached at kailinwangx@gmail.com. Please include your name and Instagram handle.

Be Sure to Fill Out Our BAHVN Surveys

Tell us your thoughts about our hearing voices groups. Every four months we survey participants in our hearing voices groups about what they like and/or would like to see improved in our on line groups. The survey is here: <https://forms.gle/tcUCKGeJVjoDtTSt5>. Thanks in advance for helping.

HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers six, online groups Monday-Friday. To enter the online support group meeting go to our website www.bayareahearingvoices.org and click on the link for the group you want at the bottom of the page.

Monday Meetings:

BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members. The two separate support groups meet Mondays from 6 to 8 pm.

Tuesday Meetings:

BAHVN offers a family and friends and an adult support group Tuesday evenings starting at 6 pm led by trained facilitators with lived experience in the mental health system.

Wednesday Meeting:

BAHVN, in partnership with the [Mental Health Association of San Francisco](#) (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm.

Thursday Meetings:

The HVN-USA Family and Friends Group (friends, lovers, and caretakers) are welcome) meets online for 90 minutes Thursdays 2:30-4:00 pm PST, 5:30-7:00 pm (EST). To join contact cindy@westernmassrlc.org

Friday BAHVN Game Night 5-7 pm:

An online weekly night of fun and games. Game play is free of charge to BAHVN adults, TAY, family members and friends. All attendees are required to open an [account at boardgamearena.com](http://boardgamearena.com), where the game night will be held online. Go to the [BAHVN homepage](#) for a Zoom audio link to Game Night.

The Bay Area Hearing Voices Network is a non-profit 501c3 organization. We seek to expand public awareness, provide community support, and refuge for those who hear voices, see visions, and experience other forms of extraordinary perception. To submit articles contact edherzog48@gmail.com. For more information about us visit our website: bayareahearingvoices.org