



OUR MISSION

“Providing a service that supports, informs, trains and educates people who are disempowered by their lived experience of hearing voices, paranoia and childhood trauma, thereby enhancing their pathway to recovery.

Our service extends to carers and family, mental health organisations, health workers and professionals, educational institutions and the general community”.

OUR CORE VALUES

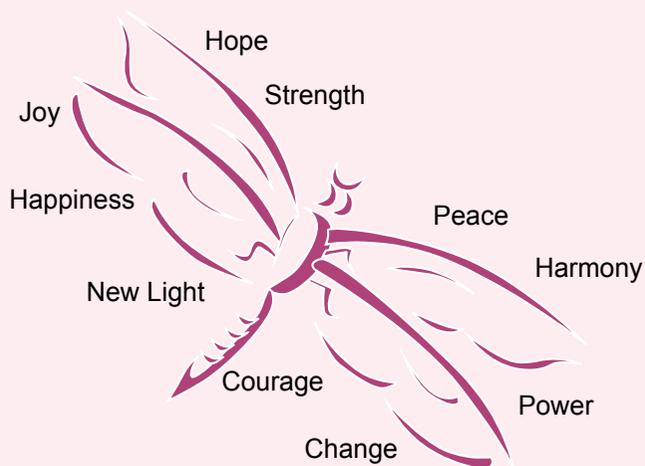
RESPECT

EQUALITY

INCLUSION

INTEGRITY

The dragonfly symbolises...



MELISSA ROBERTS FOUNDATION



The Melissa Roberts Foundation is an organisation established as a legacy to, and in loving memory of, a very special young woman, Mel, who sadly passed away in August 2010.

See more about Mel and her journey on our website.

VISIT
www.melissarobertsfoundation.org.au
or
www.facebook.com/melissarobertsfoundation

EMAIL
info@melissarobertsfoundation.org.au

CALL
0425 334 244

ABN 43 875 769 329



Hearing Voices

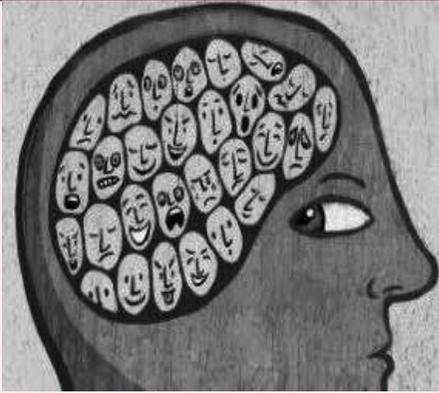
Paranoia

Childhood

Trauma

OUR VISION

“A society that fosters hope, recovery and equality for people with a mental illness”.



WE PROVIDE

S - SUPPORT
I - INFORMATION
T - TRAINING
E - EDUCATION

IN THE AREAS OF



HEARING VOICES

- ▶ 6% of adult population hear voices
- ▶ 8% of children under 12 hear voices
- ▶ This is over 500,000 people in NSW alone
- ▶ Hearing voices itself is not a sign of a mental illness, but a sign of a problem.

CHILDHOOD TRAUMA

- ▶ Trauma is evident in 85% of young people who hear voices
- ▶ 80% of people diagnosed with depression have experienced some form of trauma
- ▶ 82% to 86% of people with bipolar disorder have reported severe child sexual abuse
- ▶ Up to 85% of sufferers of eating disorders had been sexually abused.

PARANOIA

- ▶ 1.8% of the population experience severe paranoia
- ▶ Up to 18% experience "mild paranoia"
- ▶ Strong link exists between paranoia, voices and childhood trauma
- ▶ Fear is the master emotion evident in almost all forms of mental illness and disorders.



TRAINING

On Hearing Voices

- ▶ Introduction to the hearing Voices Approach
- ▶ Understanding & Working with Voices
- ▶ Facilitating Hearing Voices Groups
- ▶ Facing the Challenge - Caring for Voice Hearers
- ▶ Social & Behavioural approach to Voice Hearing

On Paranoia

- ▶ Working with Paranoia & Unusual Beliefs
- ▶ Social & Behavioural approach to Paranoia

On Childhood Trauma

- ▶ Childhood Trauma - Impact & Consequence
- ▶ Understanding the Role of Trauma when Working with Voices, Paranoia & Unusual Beliefs
- ▶ Assessing & Responding to Childhood Abuse

Who Should attend our Training Programs?

- ▶ People with lived experience
- ▶ Mental Health workers & Professionals
- ▶ Carers
- ▶ Teachers, Lecturers, Students, Councillors, GP's
- ▶ Anyone who supports or works with people with lived experience

Visit our website for more detailed information regarding any of the above programs.