

**🗹 Neuro Developmental Conditions Pathway**

Hallucinations

## What are hallucinations?

When we have hallucinations, we hear or see things even though there is nothing really there. This is a common experience people have, approximately 5% of the population report hearing voices at some point in their lives and is in itself not worrying.

Researchers have shown that people with Autism are up to 3 times more likely to have hallucinations. Often when people with autism hear voices, they are hearing their own thoughts spoken aloud in their head.

See this very interesting article for further details: <https://theconversation.com/autistic-people-are-three-times-more-likely-to-have-hallucinations-77337>

Knowing that hallucinations are common in Autism, may help people with Autism, who are otherwise feeling well, accept and learn to live with these experiences.

Sometimes hallucinating can be part of a mental health illness like psychosis or depression. When people experience hallucinations as part of a mental illness like psychosis or depression, they will also have trouble thinking clearly, their sleep and appetite is often affected, and they will struggle to function in day to day life.

## Seeking support

You will need to seek support via your mental health provider if you feel you may have been suffering from hallucinations due to a mental health illness.

<https://www.oxfordhealth.nhs.uk/camhs/refer/>