



Faculty of **Education**
The University of Hong Kong



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Centre of Development and Resources for Students
The University of Hong Kong
香港大學學生發展及資源中心

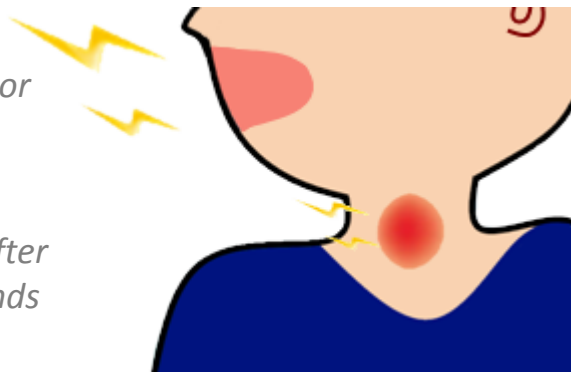
Speech, Language, Hearing, Communication and Reading Difficulties Awareness Raising Campaign

WHAT DO YOU KNOW ABOUT VOICE PROBLEMS?

"I can't control my speech volume. It is either too loud or people can't hear me at all."

"My neck muscles get tensed and fatigue very easily after speaking for a while. It feels like I have to squeeze sounds out from my throat"

"Sometimes people say that I sound like a heavy smoker, but I am not. I just talk too much."



Voice problems are usually characterized by hoarseness, loss of control of speech volume and pitch, and neck muscle tension. Many of these problems are caused by habitual abuse of voice, which can be improved with speech therapy.

People with voice problems are often misunderstood as being rude, or hostile or uneducated. We have to understand that, in a lot of cases, voice problems are results of bad habits or unfortunate accidents. You can help your peers with voice problems by being good listeners, or getting them a bottle of water!

Be a friend!

Let them know about our support services and the contact of our speech therapist: talkwell@hku.hk

Different but Not Less

We all have something to overcome