



## Speech and Language Therapy The Voice Therapy Service

### Why have I been referred for voice therapy?

You have been referred to the voice therapy service by the Ears, Nose and Throat (ENT) Consultant for ongoing advice and treatment for your voice. You may have been referred as your voice may sound:

- Hoarse
- Rough
- Tight or strained
- Gravelly
- Breathy

### What does voice therapy involve?

A speech and language therapist (SLT), specialising in voice, will take a thorough history from you either via the telephone or face to face. You will also be sent out a questionnaire and some questions via the post for you to complete before your appointment. You must send these back to the speech therapy department before your appointment by emailing [DCH\\_SALT@dchft.nhs.uk](mailto:DCH_SALT@dchft.nhs.uk)  
*Or, if you do not have an email, bring this with you to your first appointment.*

The SLT will assess your voice. Assessment will not be invasive, though the SLT may ask you to make different sounds with your voice. They may offer you advice on how best to look after your voice and they may prescribe some voice exercises tailored to your individual needs.

Advice and voice exercises recommended by the SLT should be carried out by you at home. The SLT will advise you how often you should complete your exercises.

If you do not complete your exercises as directed, you will be discharged from the voice therapy service.

**Your speech and language therapist is:** \_\_\_\_\_.

Please ring the Speech and Language Therapy department on 01305 255165 for assistance.

### About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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