



Surrey and Borders  
Partnership  
NHS Foundation Trust

“Joining Sun has been a life changing experience. I have received support and care from people like me”

# SUN (Service User Network)

Community peer support for people with complex emotional needs

***Do you struggle to regulate your emotions?***

***Do you have difficulties making and maintaining relationships?***

***Do you ever feel like life isn't worth living?***

***You are not alone!***

Delivered in partnership with:

**Community Connections Surrey**



Supporting your mental health

# What is SUN?

“ First session today with SUN was fantastic ”

SUN is an easy to access community-based support service for adults experiencing difficulties with complex emotions often associated with personality disorder. These emotions can affect how a person feels, copes with life and manages relationships.

Based on an established model, SUN offers access to regular peer support groups where people can talk about their experiences and offer one another help and advice. Groups are facilitated by a SUN facilitator with mental health lived experience and a clinician.

## Who is SUN designed to help?

SUN is available to anyone aged 18 and over who is registered with a GP in Surrey or NE Hampshire. Please note that if you change to a GP out of this area, your SUN membership will be closed. But if you join a GP practice in Surrey or North East Hampshire, you will be able to register with SUN again.

### It is for people who:

- have been diagnosed with personality disorder and who are looking for increased support in the community to help them manage their condition
- would describe themselves as having complex emotional needs but have not received a diagnosis of personality disorder

## What happens at SUN groups?

SUN groups follow a set format to encourage people to: say how they are feeling and what they want to get out of the group; discuss topics or themes that are raised; offer support and share experiences;

and talk about how they are feeling at the end of the group. Group facilitators participate in discussions where helpful and where needed.



## Where are SUN groups held?

Following feedback from members, we are currently offering a blended model of both virtual and face-to-face groups. Please refer to our website for the latest timetable.

## How to attend SUN groups

To attend SUN groups, you will need to become a SUN member. You can do this easily by completing a membership form on our website at: [www.sabp.nhs.uk/sun](http://www.sabp.nhs.uk/sun) or you can email us at [sun.admin@sabp.nhs.uk](mailto:sun.admin@sabp.nhs.uk) or call: 01372 216700. Once the completed membership form has been received, a person can book onto their first group.

To complete the membership process, you will also need to fill in a Resource and Support Plan at your first groups. This helps SUN to understand the needs of each member and how to support them.

## Who is providing SUN?

SUN is provided by Surrey and Borders Partnership NHS Foundation Trust in partnership with third sector provider, Community Connections Surrey.

## What people are saying about SUN

*"SUN felt like a clean slate for me"*

*"SUN is a place where we are all so different, but beautifully similar in other ways."*



## About personality disorder

Some may only have mild difficulties and seek support at times of stress, others may have more severe difficulties which impact their wellbeing, relationships and everyday lives. However, even though a person's difficulties may be long standing, there is much that can be done to help.

**Some of the difficulties a person may be experiencing include:**

- low self-esteem, consistent feelings of emptiness, and/or a lack of or uncertain sense of self
- difficulty with intense, overwhelming, or fluctuating emotions, or difficulty recognising or expressing emotions
- personal relationship issues – such as difficulty coping with or resolving conflicts, struggling to connect with others

## More information about SUN

To find out more, including when SUN groups are held, visit: [www.sabp.nhs.uk/sun](http://www.sabp.nhs.uk/sun)

**If you would like this information in another format or another language:**

**Call: 01372 216285**

**Email: [leaflets@sabp.nhs.uk](mailto:leaflets@sabp.nhs.uk)**

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