



Delivered in partnership with:



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

SUN (Service User Network)

Facilitated peers support from a community within the community

Do you struggle to regulate your emotions?

Do you have difficulties making and maintaining relationships?

Do you tend to have a black and white way of thinking?

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

You are not alone



What is SUN?

SUN is an easy to access community-based support network 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, facilitated, peer support groups where people can talk about their experiences and offer one another help and advice. Groups are usually facilitated by a SUN facilitator from a clinical background and a SUN facilitator with lived experience of the difficulties associated with a diagnosis of personality disorder.

SUN is also a community where members have the opportunity to contribute, learn and develop in a range of ways. This includes helping to arrange and attend social events, producing a quarterly newsletter and helping to shape and promote the service through taking part in outreach events, community meetings and focus groups.

Who is SUN for?

SUN membership is available to anyone aged 18 and over who is registered with a GP in Surrey or NE Hampshire.

It is for people who:

- relate to the difficulties associated with a diagnosis of personality disorder and are interested in the empowering benefits of giving and receiving support
- would describe themselves as having complex emotional needs but have not received a diagnosis of personality disorder
- have difficulties making and maintaining relationships and feel like they don't belong
- find it hard to regulate their emotions

What happens in SUN support 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. Group facilitators participate in discussions where helpful and where needed.

Where are SUN support groups held?

We are currently offering virtual and face to face groups. Please refer to our website, www.sabp.nhs.uk/SUN, for the latest timetable and locations.

How do I 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 or you can email us at sun.admin@sabp.nhs.uk or call: 01372 216700. Once the completed membership form has been received, you can book onto your first group.

To complete the membership process, you will also need to fill in a Resource and Support Plan within your first two 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 the Mary Frances Trust.

What our members say 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."

"SUN has been a lifeline for me."

"SUN has helped me better understand myself and how I experience the world, and shown me how I can use that experience for the good of others. For that I am so grateful."

About personality disorder

Personality disorders and complex emotions can impact a person's wellbeing, relationships and everyday life. These difficulties can be longstanding and can fluctuate throughout life, but there is support available to ease some of the struggles, and to promote positive change and provide hope.

Some of the difficulties people experience include:

- low self-esteem, consistent feelings of emptiness, and/or uncertain sense of self
- intense, overwhelming, or fluctuating emotions, or difficulty recognising or expressing emotions which may lead to impulsivity
- personal relationship issues – coping with or resolving conflicts, struggling to connect with others and establishing and maintaining healthy boundaries

More information about SUN

We run a virtual event on the first Thursday of every month which is an opportunity for all potential members, professionals and carers to find out more about what we do. There will be a short presentation followed by time for Q&A. Please email sun.admin@sabp.nhs.uk to book up and receive an invitation. To find out more, including when SUN groups are held, email us at: Sun.admin@sabp.nhs.uk call: **01372 216700** or visit us online:

www.sabp.nhs.uk/sun



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If you would like this information in another format, or another language, call: **01372 216285** or email: leaflets@sabp.nhs.uk

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