



Surrey and Borders
Partnership
NHS Foundation Trust



SUN (Service User Network)

Peer-led community support for people with complex emotional needs

Delivered in partnership with:

Community Connections Surrey



Supporting your mental health

What is SUN?

SUN is a new, easy to access community-based peer 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 of care, 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 clinician, and a peer support worker with lived experience of mental health issues.

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.

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.

“ First session today with SUN was fantastic ”

Where are SUN groups held?

Several groups are held weekly. Due to Coronavirus restrictions, groups are currently virtual. Once restrictions are lifted, groups will also be offered in person.

How to attend SUN groups

To attend SUN groups, you will need to become a SUN member. You can do this easily by contacting sun.admin@sabp.nhs.uk or calling: 01372 216700 and requesting a membership form. Once returned to SUN, 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

“First session today with Sun was fantastic, such a relief to have contact with others experiencing similar difficulties.”

“Incredible this is happening and long may it continue.”



About personality disorder

At any given time, about one in twenty people will have a 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

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

Call: 01372 216285

Email: communications@sabp.nhs.uk

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