



SUN

(Service User Network)



What is SUN?

SUN is a new, free, **easy to access peer support** service for adults experiencing difficulties with complex emotions often associated with a personality disorder. The service provides **ongoing, open-ended** groups. Now available across Kent and Medway.

Who is SUN for?

Those who:

- Are aged 18+ and registered with a GP in Kent and Medway
- Describe themselves as having complex emotional needs or difficulties with intense emotions
- Want to be empowered to manage challenging situations and relationships
- Want to learn from others who have had similar experiences
- Are looking for additional support in the community

To request a registration form or to find out more (including our current timetable), you can contact the team on the details below:

Email: sun.kentandmedway@nhs.net

Tel: 01622 926802 (answerphone only)

www.kmhealthandcare.uk/service-user-network

SUN membership is through **self-referral.**

This involves completing a short registration form along with a questionnaire.

**FIND
OUT
MORE.**

