



# SUN

(Service User Network)

FIND  
OUT  
MORE.



## Peer Support Groups for Adults in Kent & Medway

Groups provide weekly emotional, social and practical support. These are run by a lived experience facilitator and a clinician, online or face-to-face.

### Who is SUN for?

#### Those who:

- Have difficulties associated with a personality disorder (or complex emotional needs). You don't need to have a diagnosis to attend!
- Are seeking emotional support and understanding from peers in a non-judgemental and supportive environment.
- Want to be empowered to manage challenging situations and relationships.
- Are aged 18+ and registered with a GP in Kent and Medway.

### Why a group?

Improve  
coping skills

Reduce  
isolation

Be part of a  
community

### How to self-refer:



[www.kmhealthandcare.uk/service-user-network](http://www.kmhealthandcare.uk/service-user-network)



[SUN.kentandmedway@nhs.net](mailto:SUN.kentandmedway@nhs.net)



01622 926802 (answerphone only)

