

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.



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Service User Network (SUN)

Peer-Led Community Support Groups for People
with Complex Emotional Needs

What Is SUN?

SUN is a new, easy access, community-based, peer support service for adults experiencing difficulties with complex emotions often associated with a personality disorder.

These emotions can affect how a person feels, copes with life, and manages relationships.

SUN offers regular peer support groups where people can talk about their experiences in a non-judgemental, understanding environment and offer one another help and advice.

Who Are SUN Groups For?

SUN groups are open to those aged 18 years and over who are registered with a GP in Buckinghamshire.

Those accessing SUN groups typically experience a range of longstanding mental health difficulties often associated with a diagnosis of personality disorder including fluctuating intense emotions, low self-esteem, and relational difficulties.

SUN members are not required to have a formal diagnosis of personality disorder to access the service.

Anyone who identifies with the types of difficulties described and feels the group may be of use to them are welcome to apply to become a member of SUN.

If there are queries over the suitability of the group, then a SUN clinician will be happy to discuss this with you.

What To Expect at A Typical Group?

Groups are co-facilitated by a clinician and a peer support worker with lived experience of mental health difficulties.

All SUN groups last 2.5 hours and follow a set format of check in, main forum and check out, with short breaks between sections.

How Do I Become A SUN Member?

SUN membership is primarily through self-referral. This involves completing a short membership form along with some questionnaires.

Professional referrals will be accepted where the self-referral process would cause a significant barrier to someone accessing the service.

To request a membership form or to find out more information contact the team on the details below.

Contact Details

Email: buckssun@oxfordhealth.nhs.uk

Telephone: SUN Admin on 01865 901900

The latest group timetable can be found on the SUN webpage which can be accessed at:

https://www.oxfordhealth.nhs.uk/service_description/service-user-network-sun/ or by scanning the QR code:

