

How to join SUN

To join SUN, you need to **Self-refer**.

You can do this completing the registration form on our website, or alternatively by emailing SUN.kentandmedway@nhs.net or leaving us an answerphone message by calling 01622 926802.

Once we have received your membership form, a member of our team will contact you to discuss the service further and answer any questions you might have.



Kent and Medway SUN is available to anyone aged 18 and over who is registered with a GP in Kent or Medway.

Contact us



SUN.kentandmedway@nhs.net



01622 926802 (answerphone only)



www.kmhealthandcare.uk/service-user-network-sun/



Current groups

NEW: Young person online!	Canterbury	Online PM
Gillingham	Gravesend	Maidstone
Margate	Online AM	Tonbridge

*Once you become a member, there is **no limit** on the number of sessions you can attend. You are welcome to use SUN for as long as you feel it is helpful.*

Mental Health
Together

Updated May 2026



**Group
Update!**

Service User Network

**Peer Support Groups for those with
Complex Emotional Difficulties**



What is SUN?

SUN is a network of **peer-support groups** for people who have complex emotional needs or difficulties with intense emotions. Sometimes people with these difficulties have a diagnosis of personality disorder, such as Borderline or Emotionally Unstable Personality Disorder, but you do not need a diagnosis to access SUN.

SUN is already running in several areas across England including Surrey and Oxford.

SUN groups are **open access and open ended**, which means you can attend as many sessions as you feel would be helpful for you.

Please note, SUN is not a therapy group, nor a replacement for other mental health treatment such as medication. It can be used alongside any other mental health treatment.

You don't need a diagnosis to use SUN. We support anyone who has difficulties with Complex Emotional Needs.



Do you consider yourself to have Complex Emotional Needs?

Do you struggle with intense emotions?

Do you feel you need more support with your mental health?

Brand New! 17 ½ to 25 young person group.

We are pleased to announce a new online group exclusively for those ages 17 ½ to 25 in Kent and Medway.

This is an opportunity to be involved in **shaping the support you receive** in a way that meets your needs and addresses the **important** things to you, alongside those of a similar age.

This group will be starting from the 16th June, and will run on **Microsoft Teams** from 10am to 12:30.

You are able to attend **both** the Young Person group, as well as regular SUN groups at the **same time**.

If you are **already** a SUN member and would like to join, please send an email to SUN.kentandmedway@nhs.net.

If you are **new** to SUN, please fill out a self-referral form on our website.

What happens in SUN?

Groups are run by two facilitators: one with lived experience of mental health difficulties, and one mental health clinician. Groups run for 2 hours 30 minutes.

During sessions, members talk about their experiences and support to one another. You will also complete a Resource and Support Plan (RASP).

All groups follow the same structure:

Check-in

- Members will be invited to say how they are feeling and what they would like to get out of the group.

Discussion

- Topics or themes raised at the check-in will be discussed, with members offering support and sharing their experiences.

Check-out

- Members will be invited to say how they are feeling at the end of the group.

How could SUN help me?

- Provide additional support during mental health treatment.
- Help you feel empowered to manage challenging relationships and situations.
- Learn from others' experiences.