

Service User Network video transcript

0:00:00.720,0:00:08.800

Hello, we are the Service User Network, also known as SUN. We offer open online and face-to-face

0:00:08.800,0:00:14.400

peer support groups for people who are having difficulties with their emotions or a personality

0:00:14.400,0:00:21.680

disorder. These groups are led by both clinical experts and people who have lived experience. Our

0:00:21.680,0:00:26.880

aim is to help you talk through your experiences so that you can improve your quality of life and

0:00:26.880,0:00:32.800

reduce the need from intervention from other services. Becoming part of our group means you

0:00:32.800,0:00:39.200

can get the support you need and help others by sharing your own experience as well. If you're not

0:00:39.200,0:00:46.080

comfortable talking with others in group settings, SUN is probably not suitable for you. We cannot

0:00:46.080,0:00:52.560

provide urgent support or prescribed medication. If you were experiencing a mental health crisis,

0:00:52.560,0:00:58.480

contact NHS 111 or click the urgent help button on our website for details of other

0:00:58.480,0:01:05.920

services that can help. To access SUN, you must be aged 18 or over. You can use our online form

0:01:05.920,0:01:11.440

to register and a member of the team will be in touch via email to arrange your first session.

0:01:12.000,0:01:16.000

Sessions last around 2 hours, including regular breaks. And

0:01:16.000,0:01:22.640

you can find more information about the service user network and what we offer on our web page.