

## How to access the group:

This group runs fortnightly, online via Microsoft Teams.

The group is facilitated by members of the SUN team.

Please note this group is invite only.

Scan the QR code or email us at [epunft.pd.cnsun@nhs.net](mailto:epunft.pd.cnsun@nhs.net) for information on how to join, timings and more.



And select the option for mental health crisis



## Patient Advice and Liaison Service

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:0800 085 7935) or you can email [epunft.pals@nhs.net](mailto:epunft.pals@nhs.net)

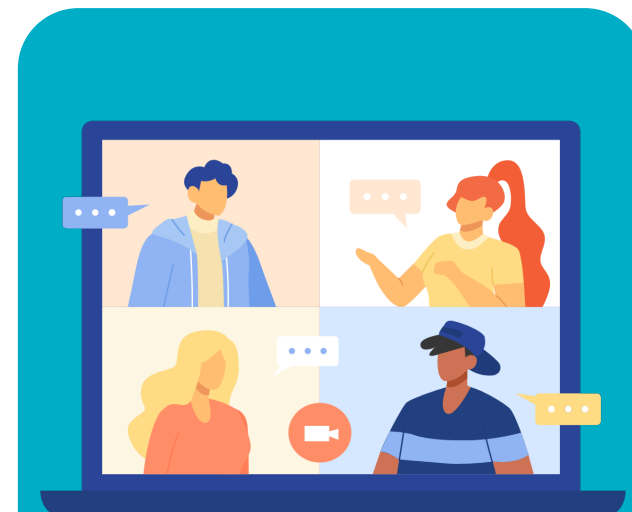
This leaflet can be produced in large print, CD, Braille and other languages on request.



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# Adults' Awareness and Support Group

## For personality disorders and complex needs



**Created by service users,  
for service users.**

## What is the Personality Disorders and Complex Emotional Needs Awareness and Support Group?

The group provides a safe, supportive environment for people aged 21 and over within Essex with a personality disorder and/or complex emotional needs, to support each other with a focus of staying well in the community.



**It's a non-judgemental, respectful, inclusive, honest and confidential safe space where I can learn new things, both receive and offer support, talk openly and freely about my experiences or just sit quietly and listen to others share theirs.**



## Who is the group for?



**The group is for anyone who has been recognised as someone who needs a higher level of care and support with their daily life. Anyone who needs a safe space to be amongst like-minded people for a couple of hours.**



## What can you expect from the group?

The group follows an informal talk on a topic each week such as:

- Managing impulsivity
- Managing intense emotions
- Rest and burnout
- Decision-making
- Communicating needs.

Occasionally there are guest speakers and topics can be requested by service users.



**I often laugh a lot during the session and I like making other people smile and laugh too. It really does help me with my difficulties.**

