

## 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** 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:08000857935) 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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# Young Adults' Awareness and Support Group

## For personality disorders and complex needs



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

## What is the Young Adult Awareness and Support Group?

The group provides a safe, supportive environment for young adults aged 18 to 21 who live in Essex and are living with a personality disorder and/or complex emotional needs.

With a focus on staying well in the community, the group helps you to manage the transition from adolescence to adulthood.

This group can help to support you with managing emotions, effective communication, starting employment, interpersonal relationships and resilience.



**I now understand why I felt so different growing up and even in my current adult life, and how my experiences shaped how I dealt with situations, and why I reacted the way I did to them, whether that be fight, flight, freeze, or fawn.**



## Who is the group for?

The group is for young adults who have a diagnosis of a personality disorder or who strongly relate to the experiences of complex emotional needs.



## What to expect?

The group follows an informal talk on a topic each week. Sometimes there are guest speakers and topics requested by group members.

Others have said the group helped them to:

- Learn coping strategies
- Understand themselves and their emotions
- Get recommendations of apps that help
- Have more self compassion and self acceptance
- Know they are not alone.



**I enjoy attending these video sessions, they are calm, welcoming and non-triggering.**



There is no pressure to speak or have your camera on, however we actively encourage peer support, and empower members to offer their own experience and knowledge into sessions.



**The group has helped me to accept and understand who I am, and who I have been throughout, simply by explaining techniques and situations, that we could all relate too. I feel safe and accepted in this group, I can't thank everyone enough for making it so enjoyable (even on days when I'm not).**

