

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.



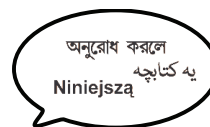
And select the option for mental health crisis



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

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



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Peer Support Group

For personality disorders and complex needs

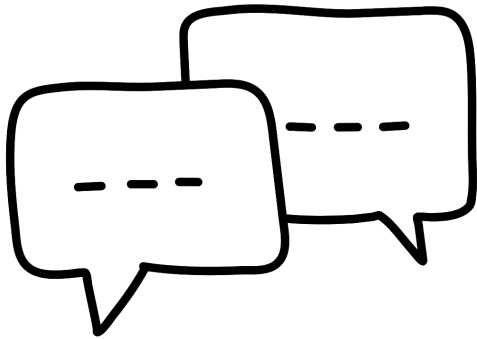


**Created by service users,
for service users.**

What is peer support?

Peer support is a supportive relationship between individuals who share a common experience. Peer support uses lived experience to offer empathy, understanding, and encouragement to others. It is based on principles of mutuality, respect, and shared responsibility for well-being.

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How can peer support help?

Peer support can help people to be empowered and increase belief in their ability to overcome difficulties.

We may feel more understood and accepted. Meeting people who have similar experiences and people who have overcome similar challenges is often described as inspiring hope.

What is the Peer Support Group?

The group is a 1.5 hour session facilitated by peers.

Members are invited to share how they are feeling and support each other through their lived and learned experience.



The group provides networking opportunities and we actively encourage peer support, and empower members to offer their own experience and knowledge to sessions.

The group is accessed on a voluntary basis.

Who is the group for?



The Peer Support Group is for people aged 18+ within Essex who have a diagnosis of a personality disorder or traits that may meet criteria for a diagnosis.

Service users can join the group by completing an expression of interest form and emailing it to **epunft.pd.cnsun@nhs.net**

