Group timetable

Wednesday	Friday
2:15pm to 4:45pm	10:30 am to 1 pm

More information

Group locations, FAQs, resources and self-referral forms can be found on or website or by scanning the QR code below

Contact details

For any questions or to get in contact with the Southwark SUN Project, you can contact us via phone or email. More information about the service is on our website.

Email: southwarksunproject@slam.nhs.uk
Phone: 0203 228 1901
Web: https://bit.ly/Southwark-SUN

Ask us if you need this information

in a different format, or translated.

Or visit www.slam.nhs.uk

NHS
South London and Maudsley
NHS Foundation Trust

Southwark Service User Network

Information for service users

What is the SUN Project?

How can our services help you?

We offer crisis and peer support groups for adults in Southwark with emotional and relationship difficulties.

What is SUN?

Southwark Service User Network (SUN) is a community-based support group for adults experiencing difficulties with complex emotional needs. SUN aims to empower people to problem solve their current struggles – emotional, relational, social, and practical.

Who can join SUN?

You can refer yourself to Southwark SUN Project if you are an adult aged 18 to 65 who lives in the borough, or if you are registered with a Southwark GP. We welcome people from all sorts of backgrounds to learn from each other's experiences.

How the group works

Each group runs for two-and-a-half hours with breaks. You can attend Southwark SUN groups as often or as little as you wish. SUN groups offer peer support. Members both offer and receive support at different times. Two health professionals facilitate the group. All of the support provided by Southwark SUN Project happens within the groups themselves, in a confidential and safe space. New members are helped to complete a Crisis and Support Plan (CASP). A CASP sets out the steps you take to cope with stress and any challenges in life, so that the group knows how best to support you in times of crisis.

How to self-refer?

If you are interested in joining one of our upcoming Southwark SUN groups, please complete our registration form by scanning the QR code or contacting us.

Once you have completed this, somebody from Southwark SUN Project will contact you by telephone to explain more about how the groups work. You will have an opportunity at that point to ask any questions you might have for us.

Please note we only accept self-referrals.