

How can you be involved?

There are loads of **interesting** and **enjoyable** ways for you to get involved, and have your say in local mental health or drug and alcohol services.



We can offer free training to help support you to be involved.

To find out more please contact us.



Contact us

Email: enquiries@sunnetwork.org.uk

Text, Call or WhatsApp: 07712 358 172

Website: www.sunnetwork.org.uk

Social Media: @SUNnetworkCambs



What you said about being involved with us at The SUN Network

I felt that The SUN Network took all of our ideas on board. Sharing my experience with others was very liberating. They were sympathetic to our journeys, and at no time did I ever feel judged.

Worked on eating disorder information

We were all engaged with so positively by The SUN Network. It was an experience that brought myself and others confidence and laughter.

Worked on creating personalised care and support plans

Sharing my story boosted my confidence so I can work to make change in the real world, and it helps my recovery.

Shared their story of recovery with police recruits



Do you want to be involved in improving mental health and drug and alcohol services?



Who are The SUN Network?

We are a non-profit organisation working to improve mental health and drug and alcohol support services in Cambridgeshire and Peterborough.

Our friendly team are here to empower you to take your seat at the table and **use your voice** equally alongside professionals. You can share your experiences, ideas, and challenges to help develop, improve, and influence mental health or drug and alcohol support services to be the best that they can be.

Who can be involved in our work?

Residents of Cambridgeshire and Peterborough aged 17 upwards.

If you currently or have previously

- Experienced mental health and/or drug and alcohol challenges

or

- Care or have cared for a loved one with mental health and/or drug and alcohol challenges



What's in it for you?

You can be involved as much or as little as you would like. You will be informed about different services local and specific to you. You can build **connections** with people who are passionate about making positive changes, and increase your self-esteem and confidence. Your out of pocket expenses will be paid for.

Why should you be involved?

Your own experience of mental health or drug and alcohol challenges is **valuable** and a unique viewpoint that no one else has. You will bring a fresh perspective and **be heard**. Your voice will make a difference.