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## Membership

- Membership is open to anyone who has an interest in mental health.
- There is an annual membership fee.
- If you are interested in becoming a member please phone 616188 or 457756
- Or you can download a membership form from our website.

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## Contact Details

Address:

Service Users' Network Office  
Reayrt Noa  
Noble's Hospital  
Strang  
Braddan  
IM4 4RF

Telephone: 616188

Mobile: 457756

SUN Social Mobile: 473944

Email:

[serviceusersnetwork@manx.net](mailto:serviceusersnetwork@manx.net)

Web:

[www.manxsun.im](http://www.manxsun.im)

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# SERVICE USERS' NETWORK



Mental health problems can affect all people from all walks of life.

1 in 4 of us will experience some form of mental health problem in a year

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# Service Users' Network—(SUN)

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## What is SUN?

- We are a group of people who have experienced mental health problems
- We came together to support each other and to have our voice heard
- The Service Users' Network became a Registered Charity and was launched by the Minister for Health in 2002.
- The SUN Committee is made up of past and present service users of the Mental Health Service.

## AIMS

To contribute to the continued development of contemporary, recovery focused mental health services on the Isle of Man.

To raise awareness and challenge the stigma associated with mental illness.

## OBJECTIVES

To provide a voice for individuals experiencing mental health problems.

To promote inclusion through challenging stigma and discrimination.

To work in partnership with a range of health, social care and charity organisations to influence policy and the development of quality services.

To participate in the design, delivery and evaluation of professional education and training programmes.

To provide information and support about the importance of mental health and well being to the population of the Isle of Man.

## What can SUN do for you?

- Allow your voice to be heard
  - Offer you support and advice
  - Provide you with information on services available
  - Keep you informed through the provision of regular newsletters
  - Challenge stigma and discrimination
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