

The Sun Project

A crisis support and coping skills group

New members welcome, call 0203 228 8541

The Sun Project is for people who have difficulty coping with their thoughts and feelings and who struggle to keep themselves safe.

We offer a group where people are helped to understand their thoughts, feelings and behaviors and to develop a plan to help them cope better.

The group is facilitated by qualified mental health professionals.

Previous members report that the Sun Project has helped them manage their difficult feelings, to reduce self harm and risky actions, to access health and social care in a helpful way, to reduce their sense of isolation and to feel understood and accepted.

We have four groups per week; Mondays and Wednesdays at 2.15pm until 4.45 pm and Friday and Saturdays at 10 am until 12.30 pm. All held in central Croydon.