

Alcohol Recovery drop-in:



Chelmsford Alcohol Recovery Community (ARC)

Website: <https://www.phoenix-futures.org.uk/>

Drop-in:

Day	Time	Where	Notes
Monday	1.30pm – 4.00pm	Phoenix Futures 32 Moulsham Street Chelmsford CM2 0HX	Please call 01376 316126 in order to self-refer prior to attending the drop-ins
Tuesday	1.30pm – 4.00pm		
Friday	9.30am – 12.30pm		

Essex ARC can also support family, friends and carers affected by a loved one's drinking and can refer to more specialist family support.

Drug Recovery drop-in:



Open Road

Mansard House
107-109 New London Road
Chelmsford
CM2 0PP

Tel: 01245 284772

Centre Manager: Leigh Harvey

Website: <https://www.openroad.org.uk/>

Self-refer either by calling the centre or online via the website
(see below)

Mutual Aid Groups at Open Road, Mansard House					
Monday	Tuesday	Wednesday	Friday	Saturday	Sunday
	Open To All 7.30 pm- 9.15 pm	8:00 pm- 9.30 pm	Open To All 7.15pm- 8.45pm	9.00am- 10.15am	Meditation 9.00am - 10.00am
				"Clean on Saturdays" 7:00 pm- 8.30pm	Open To All 6.30 pm- 7.50 pm
Colour Code Green Narcotics Anonymous Blue Alcoholics Anonymous Purple Marijuana Anonymous zoom only Monday 7-8.30pm ID 859 9958 6559 Passcode 936173					

Addiction and Mental Health Help

Page 2 of 9

Other Drug and Alcohol recovery help:



Sanctus

STARS Addiction Recovery Group
30-32 Broomfield Road
Chelmsford
CM1 1SW

Tel: 01245257951

Drop-in: Wednesday 10.30am – 12.30pm (access by appointment only)

Website: <https://sanctus-home.com/>



Alcoholics Anonymous

Tel: 08009177650

email: help@aamail.org

Website:

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Chelmsford>

AA Meetings in Chelmsford:

Monday (open meeting) Room 5, Christ Church, 164 New London Rd CM2 0AW Time: 12.30pm - duration 1hr 30mins and Time: 8pm - duration 1hr 30mins	Tuesday (open meeting) Hall Street Presbyterian Church, Cnr of Hall St/Roman Rd CM2 0HG Time: 8pm - duration 1hr 30mins	Wednesday (open meeting) Room 3, Christ Church, 164 New London Rd CM2 0AW Time: 8pm	Thursday (open meeting) Parish Hall, Blessed Sacrament R C Church, 116 Melbourne Ave CM1 2DU Time: 5.45pm - duration 1r
Thursday (open meeting) Medical Academic Unit, Broomfield Hospital, Court Rd CM1 7ET Time: 8pm - duration 1hr 30mins	Friday (open Meeting) Physical & online Trinity Methodist Church (Second Flr), Rainsford Rd CM1 2XB Time: 1pm - duration 1hr 30mins	Friday – (open meeting) Physical & online Trinity Methodist Church, Rainsford Rd CM1 2XB Time: 8pm - duration 1hr 30mins	Saturday (open meeting) Physical & online Trinity Methodist Church, 46 Rainsford Rd CM1 2XB Time: 7.30am - duration 1hr
Saturday (open meeting) Physical & online Open Road, Mansard House, 107-109 New London Rd CM2 0PP Time: 9am - duration 1hr 30mins	Saturday (open meeting) Broomfield Village Hall, 158 Main Rd, Broomfield CM1 7AH Time: 11am - duration 1hr 30mins	Saturday (open meeting) Physical & online Trinity Methodist Church, 46 Rainsford Rd CM1 2XB Time: 6pm - duration 1hr 30mins	Sunday (open meeting) Physical & online Open Road, Mansard House, 107-109 New London Rd CM2 0PP Time: 9am - duration 1hr
Sunday (open meeting) St John's Church, Moulsham St CM2 0JD Time: 8pm - duration 1hr 30mins			

Open meeting – open to addicts and friends/family of addicts

Closed meeting – open to addicts only





AL-Anon
Helpline: 08000086811

AL-Anon is about helping you to find solace with and support from others, who have been affected by their relationship with a drinker.

Website: <https://al-anonuk.org.uk/>

Monday meeting in Chelmsford:

Time: 19:30 - 21:00

Address:

Springfield Parish Centre
St. Augustine's Way
Springfield, Chelmsford,
CM1 6GX

(The minimum age to attend meetings is 18)



Narcotics Anonymous

Tel: 03009991212

email: pi@ukna.org

Website: <https://meetings.ukna.org/meeting/search>

NA Meetings in Chelmsford:

Monday (Open Meeting) Life Church Chelmsford Hall Street Chelmsford Essex CM2 0HG Time: 7.30pm ~ 9pm	Tuesday (open meeting) Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 8pm ~ 9:10pm	Wednesday (closed meeting) Physical & online Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 8pm ~ 9.30pm	Thursday (open meeting) All Saints Church Springfield Green Chelmsford CM1 7HS Time: 7.45pm ~ 9.15pm
Friday (open meeting) Physical & online Open Road Mansard House New Writtle Street Chelmsford CM2 0FY Time: 7.15pm ~ 8.45pm	Saturday (closed meeting) Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 7pm ~ 8.30pm	Sunday (open meeting) Room at the top of the stairs Open Road Chelmsford 107-109 New London Road Chelmsford CM2 0PP Time: 6.30pm ~ 8pm	

Open meeting – open to addicts and friends/family of addicts

Closed meeting – open to addicts only



The Priory (Priory Hospital Chelmsford)

Tel: 08001388680 (general enquiries)

03300566020 (treatment enquiries)

Residential care for mental health & addiction recovery

Website: <https://www.priorygroup.com/about-us>



Essex Young Person's Drug and Alcohol services

Tel: 01245493311

email: eypdas@childrenssociety.org.uk

Website: <https://www.childrenssociety.org.uk/information/young-people/east/EYPDAS>





Rehab Recovery

Tel: 08000886686

email: info@rehab-recovery.co.uk

Website: <http://www.rehab-recovery.co.uk>
(webchat available)



Debtors Anonymous

Tel: 02071177533

Email: help@debtorsanonymous.org.uk

Website: <https://debtorsanonymous.org.uk/meetings-list/>

Anyone who identifies as having a problem with debt, compulsive spending or overspending can join a meeting. Telephone and online meetings are available.

Gambling Support:

Breakeven

Breakeven

4th Floor, Victoria House,
Victoria Road,
Chelmsford,
CM1 1JR

Tel: 01273 833722

Email: info@breakeven.org.uk

Website: <https://www.breakeven.org.uk/>

Offers counselling and support to enable you to overcome your gambling-related harms. Free to access. Self-referral available.

GambleAware

Gamble Aware

Helpline: 0808 820133

Website: <https://www.gambleaware.org/>

(webchat available)

Gamble Aware aims to promote responsibility in gambling. This website is intended to act as a core element in an effective education programme which seeks to minimise problem gambling and gambling-related harm, and to sign-post treatment.



GamCare

Helpline: 0808 8020133

Website: <https://www.gamcare.org.uk/>

GamCare provides support, information and advice to anyone suffering through a gambling problem.



Gordon Moody

Email: Support@gamblingtherapy.org

Website: <https://www.gamblingtherapy.org/>

Offers Gambling Therapy and support to help those affected by compulsive gambling or affected by a loved one's compulsive gambling.





Gamblers Anonymous

Helpline: 0330 0940322

Email: info@gamblersanonymous.org.uk

Website: <https://www.gamblersanonymous.org.uk/>

Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

Meetings in Chelmsford:

Wednesday 7.30pm – 9.30pm

Holy Trinity Church

Trinity Road,

Chelmsford

CM2 6HR

Main Meeting - These meetings are where compulsive gamblers sit together and help each other through the difficulties of compulsive gambling. There are no counsellors or professionals, just compulsive gamblers.

Mental Health:



Futures in Mind

Futures in Mind

Phoenix Futures,
32 Moulsham Street,
Chelmsford, CM2 0HX

Tel: 01376 316126

Email: fim.enquiries@futuresinmind.org.uk

Website: <https://www.futuresinmind.org.uk/>

Futures in Mind offer an inclusive approach to recovery and with that comes great opportunities for you to develop skills, meet like-minded people, build confidence, gain qualifications and make further positive changes to improve your quality of life.

Futures in Mind offer:

Peer-led Activities – a chance to socialise in a safe place, get hands-on with the Wildlife Trust, join a reading group and much more.

Befriending – this is an opportunity to have one-to-one support if the activities are just not right for you.

Volunteering – there are a wide range of volunteering roles that you can get involved in and full training will be delivered.

Training – a variety of training is available, but they are always happy to listen to demand and develop bespoke courses.

Blogs – a place to share your stories, achievements, setbacks, determination or whatever is relevant to our community.



MATES CIC

Email: weareyourmates@gmail.com

(various social media links to also contact through)

MATES CIC was created to be a safe community where people can speak openly about mental health. It is online and in-person mental health support group. It's about honest, friendly and real conversations.

MATES hold regular Mental Health and Wellbeing walks and talks and Mental Health and Wellbeing drop-ins, it is advised that service



users check the Facebook page for any changes from week to week. There are numerous groups and events to join as well.

Website: <https://www.weareyourmates.com/home>

Drop-in:

Walk and Talk

Sunday 9.00am – 10.00am

Hylands Park,
A414 Greenbury Way
Writtle, Chelmsford
CM2 8FS
Meet in the Writtle entrance car park by the toilets and children's adventure playground

Wellbeing Drop-in

Wednesdays from 8.00pm

The Gardeners Pub
Forsythia Close,
Springfield, Chelmsford
CM1 6XW
Tel: 01245461020
For more information email MATES or contact the pub directly.



Sanctus

30-32 Broomfield Road
Chelmsford, CM1 1SW

Tel: 01245257951

Drop-in: Monday – Friday 10.30am – 4.30pm

Sanctus Support Hub on the 2nd and 3rd floors offers free support services, including 1:1 mentoring, assistance with gaining housing and sustaining tenancies, benefits applications, furnishing homes, addiction and mental health support, victims of domestic violence, prison leavers, health and wellbeing advice and signposting, and a range of other advocacy services. They house addiction support groups, welcome outreach teams from Chess and the City Council and offer a space for local agencies to utilise providing the best possible service to those in crisis.

Sanctus also offer NHS Health Checks, NHS Vaccine Clinic (Covid and Boosters), Hep C Testing, Dog Therapy, Mentoring/Buddying Service, Drug Counselling (relapse prevention) and Counselling Services.



Chelmsford City Health PCN Social Prescribers

Support & guidance for social issues

The Social Prescribers are a team of three professionals working across Whitley House Surgery, Baddow Village Surgery, Beauchamp House Surgery, and Stock Surgery. They offer support and guidance with a range of social issues, including housing, debt and funds, mental health, addiction services, and weight management. To be referred, contact your GP reception and ask to see a Social Prescriber either face-to-face or via telephone appointment. Clients can also ask for our support in registering with the GP if needed.



Social Prescriber Surgeries

Beauchamp House Surgery Beauchamp House 37 Baddow Road Chelmsford, CM2 0DB Tel: 01245 262255	Stock Surgery Common Road Stock, CM4 9NF Tel: 01277 289400	Baddow Village Surgery Longmead Avenue Great Baddow Chelmsford, CM2 7EZ Tel: 01245 473251	Whitley House Surgery Crompton Road Writtle Road Chelmsford, CM1 3RW Tel: 01245 347539
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Chelmsford City Health

NHS Option 2 Crisis Line – dial 111 (Select mental health crisis (option 2))

Website: <https://www.chelmsfordcityhealthpcn.nhs.uk/local-support-advice/mental-health/>



Healthwatch Essex

Offers information, advice and guidance on accessing health and wellbeing services in Essex

Tel: 03005001895

Text: 07712395398

Email: info@healthwatchessex.org.uk

(Opening hours Mon – Fri 9.00am – 4.30pm)

Website: <https://healthwatchessex.org.uk/speak-to-our-team/>



Essex Wellbeing Service

Essex Wellbeing service

Mental health support, and health support and help

Tel: 03003039988

email: provide.essexwellbeing@nhs.net

(Opening hours Mon – Fri 8.00am – 7.00pm Sat 9.00am – 12.00pm)

Website:

<https://www.essexwellbeingservice.co.uk/services/mental-health>



Employ-Ability

Latton Bush Centre

Southern Way

Harlow, CM18 7BL

Tel: 01279 450299

Email: info@e-a.org.uk

Website: <https://employ-ability.info/our-services/>

Help people suffering from mental ill health to secure and retain employment in South and West Essex





Samaritans – Call free on 116123

Website: <https://www.samaritans.org/>



Papyrus

If you're under 35 and feel that life is not worth living any more, call Papyrus's Hopeline UK from 9.00am to 10.00pm weekdays and 2pm to 10pm on weekends

Call Hopeline UK: 08000684141

text: 07860 039967

Email: pat@papyrus-uk.org

Website: <https://www.papyrus-uk.org/>



Calm

The Campaign Against Living Miserably (CALM) is leading a movement against suicide. Anyone can hit crisis point. CALM run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the Support After Suicide Partnership (SASP)

Helpline: 0800 585858 (365 days 5.00pm – midnight or Webchat is available)

Website: <https://www.thecalmzone.net/contact-us>



Shout

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258 (Text 'SHOUT')

Website: <https://giveusashout.org/>



Rethink Mental Illness

Rethink improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning. Their goal is to make sure everyone affected by severe mental illness has a good quality of life.

Advice line: 08088010525

(practical help with a variety of issues including community care, benefits, medication and care)

Breathing space: 08088010745
(mental health crisis)

General enquiries: 01215227007

Email: info@rethink.org

Website: <https://www.rethink.org/>





Sane Line

SANE line is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. They are open every day of the year from 4.00pm to 10.00pm

Tel: 0300 304 7000

Website: <https://www.sane.org.uk/>



The Mix

Aimed at people under 25. Their helpline is open between 4.00pm and 11.00pm, Monday to Saturday. They also run a crisis text service which is open 24 hours a day, 7 days a week.

Crisis text message service: 85258 (Text 'THEMIX')

Webchat (4pm - 11pm, Monday to Saturday)

Helpline: 0808 8084994 (for 11- 25 year olds) (4.00pm – 11.00pm Monday to Saturday)

Website: <https://www.themix.org.uk/>

The logo for childline features the word 'childline' in white lowercase letters on a blue rectangular background.

childline

Childline

If you're under 19, you can also speak to Childline. The number will not appear on your phone bill

Call Childline: 08001111

Website: <https://www.childline.org.uk/>



Mind

Infoline: 03001233393

Email: info@mind.org.uk

Website: <https://www.mind.org.uk/>

South East and Central Essex Mind

12a Southchurch Road
Southend-on-sea
Essex
SS1 2LX

Tel: 01702 60 11 23

Email: hello@secemind.org.uk

Website: <https://www.secemind.org.uk/>

Mid & North East Essex Mind

The Constantine Centre
272a Mersea Road
Colchester
CO2 8QZ

Tel: 01206 764600

Email: enquiries@mnessexmind.org

Website: <https://mnessexmind.org/>