

# Addiction and Mental Health Help

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## 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	<b>Please call 01376 316126</b> 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:** Shannon Bundock

**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
<b>Colour Code</b> Green Narcotics Anonymous Blue Alcoholics Anonymous Purple Marijuana Anonymous zoom only <b>Monday 7-8.30pm</b> ID 859 9958 6559 Passcode 936173					
The logo for Open Road, featuring the words 'open road' in a stylized, lowercase font with a pink-to-purple gradient, and the tagline 'your journey to recovery' in a smaller, black, sans-serif font below it.					

## Other Drug and Alcohol recovery help:



**Sanctus**  
**Support Hub Services**  
 30-32 Broomfield Road  
 Chelmsford  
 CM1 1SW  
**Tel:** 01245257951  
**Open:** Monday – Friday 10.30am-3.00pm  
**Website:** <https://sanctus-home.com/>

The Support Hub was established as a safe and non-judgemental space to provide assistance, advice, referrals and signposting both inhouse and with specialist partner organisations. Our service users have a wide range of complex needs which often forms a barrier to them seeking help from external providers. The Hub consists of 3 experienced support workers who hold a twice daily drop in for anyone wishing to access further support for housing issues, benefits advice, applications and everything in between. If we are unable to help, we will certainly know a team that can and will make a referral to the correct agency ensuring support from the Hub team throughout.

The Support Hub can be accessed Mon-Fri 10.30-12.00pm and 1.30-2.30pm but anyone in crisis or with an emergency will be seen outside of these hours.

The hub works with over 25 different agencies including the City Council Housing Navigators, CHESS Outreach Team, and Support Workers from Full Circle, DASS street support team for drug and alcohol issues and many more. The majority of these agencies will work with our service users at Sanctus, where they feel comfortable and safe.

The support provided by the Hub team is person-centred and we are able to facilitate a unique approach due to the fact we are non-statutory service.

Sanctus in-house support services cover but are not limited to the following areas:

<b>Homelessness</b>  <b>Debt support and advice on financial wellbeing</b>  <b>Domestic violence</b>  <b>Preventing evictions</b>  <b>Mentoring</b>  <b>Assistance with gaining housing and sustaining tenancies</b>  <b>Benefits applications</b>  <b>Medical signposting</b>  <b>Addiction recovery</b>  <b>Auricular acupuncture</b>	<b>Mental health support</b>  <b>Health and wellbeing advise and support services</b>  <b>Enrichment activities</b>  <b>Job support and CV workshops</b>  <b>Advise and advocacy</b>  <b>Weekly counselling sessions</b>  <b>Life coaching</b>  <b>Smoking cessation</b>  <b>NHS clinics</b>  <b>Mental health drop-ins</b>
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## Alcoholics Anonymous

**Tel:** 08009177650

**email:** [help@aaemail.org](mailto:help@aaemail.org)

**Website:**

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

### AA Meetings in Chelmsford:

<b>Monday (open meeting)</b> Room 3, Christ Church, 164 New London Rd CM2 0AW <b>Time:</b> 12.30pm - duration 1hr 30mins and <b>Time:</b> 8pm - duration 1hr 30mins	<b>Saturday (open meeting) Physical</b> Trinity Methodist Church, 46 Rainsford Rd CM1 2XB <b>Time:</b> 6pm - duration 1hr 30 mins	<b>Saturday (open meeting) Physical &amp; online</b> Trinity Methodist Church, 46 Rainsford Rd CM1 2XB <b>Time:</b> 4pm - duration 1hr <b>Time:</b> 6pm - duration 1hr 30mins	<b>Sunday (open meeting)</b> St John's Church, Moulsham St CM2 0JD <b>Time:</b> 8pm - duration 1hr 30mins
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**Open meeting – open to addicts and friends/family of addicts**

**Closed meeting – open to addicts only**

**For online meetings please see the website**



## 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](mailto:pi@ukna.org)

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



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## NA Meetings in Chelmsford:

<b>Monday (Open Meeting)</b> Life Church Chelmsford Hall Street Chelmsford, CM2 0HG Time: 7.30pm ~ 9pm	<b>Tuesday (open meeting)</b> Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 8pm ~ 9:10pm	<b>Wednesday (closed meeting) Physical &amp; online</b> Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 7.30pm ~ 8.45pm	<b>Thursday (open meeting)</b> All Saints Church Springfield Green Chelmsford CM1 7HS Time: 7.45pm ~ 9.15pm
<b>Friday (open meeting)</b> Open Road Chelmsford Mansard House New London Road Chelmsford CM2 0PP Time: 7.30pm ~ 9pm	<b>Saturday (closed meeting)</b> Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 7pm ~ 8.30pm	<b>Sunday (open meeting)</b> 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 all

Closed meeting – open to addicts only



### The Priory (Priory Hospital Chelmsford)

Stump Lane  
 Springfield Green  
 Chelmsford  
 CM1 7SJ

**Tel:** 01245 345345 (general enquiries)

03300566020 (treatment enquiries)

Residential care for mental health & addiction recovery

**Email:** [info@priorygroup.com](mailto:info@priorygroup.com)

**Website:** <https://www.priorygroup.com/locations/nhs/priory-hospital-chelmsford>

NHS referrals and private care - Priory Hospital Chelmsford can support adults with acute mental health needs and eating disorders. We can also support young people through their child and adolescent mental health services (CAMHS).



### Essex Young Person's Drug and Alcohol services

**Tel:** 01245493311

**email:** [eypdas@childrenssociety.org.uk](mailto: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](mailto:info@rehab-recovery.co.uk)

**Website:** <http://www.rehab-recovery.co.uk>

(webchat available)

Contact for help and advice 24/7



### Debtors Anonymous

**Tel:** 02071177533

**Email:** [help@debtorsanonymous.org.uk](mailto: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**

4<sup>th</sup> Floor, Victoria House,  
Victoria Road,  
Chelmsford,  
CM1 1JR

**Tel:** 01273 833722

**Email:** [info@breakeven.org.uk](mailto: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](mailto: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](mailto: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](mailto:fim.enquiries@futuresinmind.org.uk)

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

Futures in Mind offers 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](mailto: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 an online and in-person mental health support group. It's about honest, friendly and real conversations. Meetings and walks are regularly attended by men but women are welcome.

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.*



## 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

<b>Beauchamp House Surgery</b> Beauchamp House 37 Baddow Road Chelmsford, CM2 0DB <b>Tel:</b> 01245 262255	<b>Stock Surgery</b> Common Road Stock, CM4 9NF <b>Tel:</b> 01277 289400	<b>Baddow Village Surgery</b> Longmead Avenue Great Baddow Chelmsford, CM2 7EZ <b>Tel:</b> 01245 473251	<b>Whitley House Surgery</b> Crompton Road Writtle Road Chelmsford, CM1 3RW <b>Tel:</b> 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](mailto:info@healthwatchessex.org.uk)

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

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

Healthwatch Essex can help you find out about and access health and social care services through their Information & Guidance Service.

Call **0300 500 1895**, text **07712395398** or between 10am and 2pm on Monday, Wednesday and Friday, a live chat is available on the website.



## Essex Wellbeing Service

### Essex Wellbeing service

Mental health support and health support and help

**Tel:** 03003039988

**email:** [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

(Opening hours Mon – Fri 8.00am – 7.00pm)

Sat 9.00am – 12.00pm

**Website:**

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

While Essex Wellbeing Service don't provide specific mental health support, there are many areas of your lifestyle that contribute towards poor mental health, such as emotional wellbeing which we do provide support for. This also includes social isolation and weight management. If this is something you're interested in, take the online assessment on their website.

(<https://assessment.essexwellbeingsservice.co.uk/>)



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## Employ-Ability

Latton Bush Centre  
Southern Way  
Harlow, CM18 7BL

**Tel:** 01279 450299

**Email:** [info@e-a.org.uk](mailto: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 24  
hours a day 365 days a year

**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

**Call Hopeline UK:** 08000684141

**text:** 88247

**Email:** [pat@papyrus-uk.org](mailto: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](mailto: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/>

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

Open Monday – Friday 9am – 6pm (excluding bank holidays)

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

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

**Welfare benefits line:** [0300 222 5782](tel:03002225782)

open 9am – 5pm, Monday – Friday (except bank holidays).

The welfare benefits line supports anyone with mental health problems who is navigating the benefits and welfare system.

**Legal line:** [0300 466 6463](tel:03004666463)

open 9am – 6pm, Monday – Friday (except bank holidays).

The Legal line offers legal information and general advice on mental health-related law in England and Wales.

<b>South East and Central Essex Mind</b> 112a Southchurch Road Southend-on-sea SS1 2LX <b>Tel:</b> 01702 601123 Open Monday – Friday 9am – 5pm <b>Email:</b> <a href="mailto:hello@secemind.org.uk">hello@secemind.org.uk</a> <b>Website:</b> <a href="https://www.secemind.org.uk/">https://www.secemind.org.uk/</a>	<b>Mid &amp; North East Essex Mind</b> The Constantine Centre 272a Mersea Road Colchester CO2 8QZ <b>Tel:</b> 01206 764600 Open Monday – Friday 9am – 5pm <b>Email:</b> <a href="mailto:enquiries@mnessexmind.org">enquiries@mnessexmind.org</a> <b>Website:</b> <a href="https://mnessexmind.org/">https://mnessexmind.org/</a>
<b>Mind in West Essex</b> Freephone: 0800 755 5173 45 Stortford Road Great Dunmow CM6 1DQ <b>Tel:</b> 01371 876 641 Open Monday – Friday 9am – 4pm <b>Email:</b> <a href="mailto:talking@mindinwestessex.org.uk">talking@mindinwestessex.org.uk</a> <b>Website:</b> <a href="https://www.mindinwestessex.org.uk/">https://www.mindinwestessex.org.uk/</a>	<b>Mind in West Essex</b> Freephone: 0800 755 5173 The Loughton Seedbed Centre, Langston Road, Loughton, IG10 3TQ Open Monday – Friday 9am – 4pm <b>Email:</b> <a href="mailto:talking@mindinwestessex.org.uk">talking@mindinwestessex.org.uk</a> <b>Website:</b> <a href="https://www.mindinwestessex.org.uk/">https://www.mindinwestessex.org.uk/</a>
<b>Mind in West Essex</b> Freephone: 0800 755 5173 1 & 2 Bakehouse Court 19 High Street Saffron Walden CB10 1AT <b>Tel:</b> 01799 400049 Open Monday – Friday 9am – 4pm <b>Email:</b> <a href="mailto:talking@mindinwestessex.org.uk">talking@mindinwestessex.org.uk</a> <b>Website:</b> <a href="https://www.mindinwestessex.org.uk/">https://www.mindinwestessex.org.uk/</a>	<b>Mind in West Essex</b> Freephone: 0800 755 5173 The Wellbeing centre 10-11 Corner House Bushfair Harlow CM18 6NZ Open Monday – Friday 9am – 4pm <b>Tel:</b> 01279 421308 <b>Email:</b> <a href="mailto:talking@mindinwestessex.org.uk">talking@mindinwestessex.org.uk</a> <b>Website:</b> <a href="https://www.mindinwestessex.org.uk/">https://www.mindinwestessex.org.uk/</a>