

### Alcohol Recovery drop in:

- Chelmsford Alcohol Recovery Community (ARC) drop in

Day	Time	Where	Notes
Monday	13.30 – 16.30	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	13.30 – 16.30		
Friday	9.30 – 12.30		

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

<https://streetsupport.net/find-help/organisation/?organisation=phoenix-futures>

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

### Drug Recovery drop in:

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

- Open Road

Mansard House

107-109 New London Road, Chelmsford, Essex. CM2 0PP

Telephone: 01245 284772

Centre Manager: Leigh Harvey

<https://streetsupport.net/find-help/organisation/?organisation=open-road>

Self-referral via website:

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

**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

**openroad**  
your journey to recovery  
Registered Charity No. 101995  
Registered in England No. 206112

### Other Drug and Alcohol recovery help:

- **Alcoholics Anonymous** Tel: 08009177650 email: [help@aamail.org](mailto:help@aamail.org)

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

#### AA Meetings in Chelmsford:

<b>Monday (open meeting)</b> Room 5, Christ Church, 164 New London Rd CM2 0AW <b>Time:</b> 12.30 - duration 1hr 30mins	<b>Tuesday (open meeting)</b> Hall Street Presbyterian Church, Cnr of Hall St/Roman Rd CM2 0HG <b>Time:</b> 20.00 - duration 1hr 30mins	<b>Wednesday (open meeting)</b> Room 3, Christ Church, 164 New London Rd CM2 0AW <b>Time:</b> 20.00
<b>Thursday (open meeting)</b> Parish Hall, Blessed Sacrament R C Church, 116 Melbourne Ave CM1 2DU <b>Time:</b> 17.45 - duration 1r	<b>Thursday (open meeting)</b> Medical Academic Unit, Broomfield Hospital, Court Rd CM1 7ET <b>Time:</b> 20.00 - duration 1hr 30mins	<b>Friday (open Meeting)</b> <b>Physical &amp; online</b> Trinity Methodist Church (Second Flr), Rainsford Rd CM1 2XB <b>Time:</b> 13.00 - duration 1hr 30mins
<b>Friday – (open meeting)</b> <b>Physical &amp; online</b> Trinity Methodist Church, Rainsford Rd CM1 2XB <b>Time:</b> 20.00 - duration 1hr 30mins	<b>Saturday (open meeting)</b> <b>Physical &amp; online</b> Trinity Methodist Church, 46 Rainsford Rd CM1 2XB <b>Time:</b> 07.30 - duration 1hr	<b>Saturday (open meeting)</b> <b>Physical &amp; online</b> Open Road, Mansard House, 107-109 New London Rd CM2 OPP <b>Time:</b> 09.00 - duration 1hr 30mins
<b>Saturday (open meeting)</b> Broomfield Village Hall, 158 Main Rd, Broomfield CM1 7AH <b>Time:</b> 11.00 - duration 1hr 30mins	<b>Saturday (open meeting)</b> <b>Physical &amp; online</b> Trinity Methodist Church, 46 Rainsford Rd CM1 2XB <b>Time:</b> 18.00 - duration 1hr 30mins	<b>Sunday (open meeting)</b> <b>Physical &amp; online</b> Open Road, Mansard House, 107-109 New London Rd CM2 OPP <b>Time:</b> 09.00 - duration 1hr
<b>Sunday (open meeting)</b> St John's Church, Moulsham St CM2 0JD <b>Time:</b> 20.00 - duration 1hr 30mins		

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

**Closed meeting – open to addicts only**

## Addiction and Mental Health Help

Page 3 of 6

- **Narcotics Anonymous** Tel: 03009991212 email: pi@ukna.org

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

### NA Meetings in Chelmsford

<b>Tuesday (open meeting)</b> Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 20:00 ~ 21:10	<b>Wednesday (closed meeting)</b> <b>Physical &amp; online</b> Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 20:00 ~ 21:30	<b>Thursday (open meeting)</b> All Saints Church Springfield Green Chelmsford CM1 7HS Time: 19:45 ~ 21:15
<b>Friday (open meeting)</b> <b>Physical &amp; online</b> Open Road Mansard House New Writtle Street Chelmsford CM2 0FY Time: 19:15 ~ 20:45	<b>Saturday (closed meeting)</b> Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 19:00 ~ 20:30	<b>Sunday (open meeting)</b> Room at the top of the stairs Open Road Chelmsford 107-109 New London Road Chelmsford CM2 0PP Time: 18:30 ~ 20:00

**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.

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

### Monday meeting

**Time:** 19:30 - 21:00

**Address:** Springfield Parish Centre

St. Augustine's Way

Springfield, Chelmsford,

CM1 6GX

- **The Priory (Priory Hospital Chelmsford)**

Tel: 08001388680 (general enquiries) 08008403219 (treatment enquiries)

Residential care for mental health & addiction recovery

[https://www.priorygroup.com/locations/priory-hospital-chelmsford?utm\\_campaign=chelmsford&utm\\_content=gmb&utm\\_medium=organic&utm\\_source=google\\_my\\_business](https://www.priorygroup.com/locations/priory-hospital-chelmsford?utm_campaign=chelmsford&utm_content=gmb&utm_medium=organic&utm_source=google_my_business)

- **Essex Young Person's Drug and Alcohol services**

Tel: 01245493311 email: [eypdas@childrenssociety.org.uk](mailto:eypdas@childrenssociety.org.uk)

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

<https://www.drinkaware.co.uk/>

<https://alcoholchange.org.uk/>

### **Mental Health:**

- **Futures in Mind**

Tel: 01376 316126 Email: [fim.enquiries@futuresinmind.org.uk](mailto:fim.enquiries@futuresinmind.org.uk)

<https://www.futuresinmind.org.uk/referral-form/>

<https://streetsupport.net/find-help/organisation/?organisation=phoenix-futures>

<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.

What's on 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 – we have a wide range of volunteering roles that you can get involved in and full training will be delivered.
- Training – we have a variety of training available, but 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.

Location:

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

<https://streetsupport.net/find-help/organisation/?organisation=phoenix-futures>

### **Other mental health help:**

**Chelmsford City Health**

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

- **NHS Option 2 Crisis Line** – dial 111 (Select mental health crisis (option 2))
- **Samaritans** – Call free on 116123

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

- **Papyrus**

If you're under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends:

Call HopelineUK on 08000684141 text: 07860 039967

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

- **Childline**

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

Call Childline on 08001111

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

- **Employ-Ability**

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

Location:

Latton Bush Centre, Southern Way,  
Harlow, Essex CM18 7BL

Tel: 01279 450299 Email: [info@e-a.org.uk](mailto:info@e-a.org.uk)

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

- **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 9.00 – 16.30)

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

- **Essex Wellbeing service**

Mental health support

Tel: 03003039988 email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

(Opening hours Mon – Fri 8.00 – 19.00 Sat 9.00 – 12.00)

## Addiction and Mental Health Help

Page 6 of 6

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

- **Mind**

Mid & North East Essex Mind – Maldon office

Tel: 01206764600

Email: [enquiries@mnessexmind.org](mailto:enquiries@mnessexmind.org)

For a list of Doctors Surgeries in Chelmsford please visit:

<https://streetsupport.net/find-help/medical/?postcode=CM1%201HT>