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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	Please call
		32 Moulsham Street	01376 316126
Tuesday	1.30pm – 4.00pm	Chelmsford	in order to self-refer prior to
		CM2 0HX	attending the drop-ins
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)





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Other Drug and Alcohol recovery help:



Sanctus

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

Tel: 01245257951

Drop-in: Wednesday 10.30 – 12.30 (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	Tuesday (open	Wednesday (open	Thursday (open
meeting)	meeting)	meeting)	meeting)
Room 5, Christ Church,	Hall Street	Room 3, Christ	Parish Hall, Blessed
164 New London Rd	Presbyterian Church,	Church, 164 New	Sacrament R C
CM2 0AW	Cnr of Hall St/Roman	London Rd CM2 0AW	Church, 116
Time: 12.30 - duration	Rd CM2 0HG	Time: 20.00	Melbourne Ave CM1
1hr 30mins and	Time: 20.00 -		2DU
Time: 20.00 - duration	duration 1hr 30mins		Time: 17.45 - duration
1hr 30mins			1r
Thursday (open	Friday (open	Friday – (open	Saturday (open
Thursday (open meeting)	Friday (open Meeting) Physical &	Friday – (open meeting) Physical &	Saturday (open meeting) Physical &
* * *			* * *
meeting)	Meeting) Physical &	meeting) Physical &	meeting) Physical &
meeting) Medical Academic Unit,	Meeting) Physical & online	meeting) Physical & online	meeting) Physical & online
meeting) Medical Academic Unit, Broomfield Hospital,	Meeting) Physical & online Trinity Methodist	meeting) Physical & online Trinity Methodist	meeting) Physical & online Trinity Methodist
meeting) Medical Academic Unit, Broomfield Hospital, Court Rd CM1 7ET	Meeting) Physical & online Trinity Methodist Church (Second Flr),	meeting) Physical & online Trinity Methodist Church, Rainsford Rd	meeting) Physical & online Trinity Methodist Church, 46 Rainsford
meeting) Medical Academic Unit, Broomfield Hospital, Court Rd CM1 7ET Time: 20.00 - duration	Meeting) Physical & online Trinity Methodist Church (Second Flr), Rainsford Rd CM1	meeting) Physical & online Trinity Methodist Church, Rainsford Rd CM1 2XB	meeting) Physical & online Trinity Methodist Church, 46 Rainsford Rd CM1 2XB



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AA Meetings in cont.

St John's Church, Moulsham St CM2 0JD Time: 20.00 - duration

1hr 30mins

Saturday (open meeting) Physical &	Saturday (open meeting)	Saturday (open meeting) Physical &	Sunday (open meeting) Physical &
online	Broomfield Village	online	online
Open Road, Mansard	Hall, 158 Main Rd,	Trinity Methodist	Open Road, Mansard
House, 107-109 New	Broomfield CM1 7AH	Church, 46 Rainsford	House, 107-109 New
London Rd CM2 0PP	Time: 11.00 -	Rd CM1 2XB	London Rd CM2 OPP
Time: 09.00 - duration	duration 1hr 30mins	Time: 18.00 - duration	Time: 09.00 - duration
1hr 30mins		1hr 30mins	1hr
Sunday (open meeting)		<u> </u>	<u>. </u>

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)



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Narcotics Anonymous

Tel: 03009991212 email: pi@ukna.org

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

NA Meetings in Chelmsford:

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

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

The Children's Society **Essex Young Person's Drug and Alcohol services**

Tel: 01245493311

email: eypdas@childrenssociety.org.uk

Website:

https://www.childrenssociety.org.uk/information/youn

g-people/east/EYPDAS



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REHAB 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.

Mental Health:



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.



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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 dropins, 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.



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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.



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Social Prescriber Surgeries

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



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

Website:

https://www.chelmsfordcityhealthpcn.nhs.uk/localsupport-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

Wellbeing Servic 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



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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



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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/



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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

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/