

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	Please call 01376 316126 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:

- 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)
- Alcoholics Anonymous** Tel: 08009177650 email: help@aamail.org

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

AA Meetings in Chelmsford:

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

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

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

NA Meetings in Chelmsford

Tuesday (open meeting) Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 20:00 ~ 21:10	Wednesday (closed meeting) Physical & online Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 20:00 ~ 21:30	Thursday (open meeting) All Saints Church Springfield Green Chelmsford CM1 7HS Time: 19:45 ~ 21:15
Friday (open meeting) Physical & online Open Road Mansard House New Writtle Street Chelmsford CM2 0FY Time: 19:15 ~ 20:45	Saturday (closed meeting) Open Road Chelmsford Mansard House 107-109 New London Road Chelmsford CM2 0PP Time: 19:00 ~ 20:30	Sunday (open meeting) 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

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

Tel: 01245493311 email: eypdas@childrenssociety.org.uk

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

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

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

- **Rehab Recovery** – Tel: 08000886686 email: info@rehab-recovery.co.uk
Website: <http://www.rehab-recovery.co.uk> (web chat available)

Mental Health:

- **Futures in Mind**

Tel: 01376 316126 Email: 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>

- **MATES CIC**

MATES CIC was created to be a safe community where people can speak openly about mental health. It is online an 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.

Walk & Talk: Held every Sunday at Hylands Park 9.00 – 10.00am

Wellbeing Drop-in: At The Gardeners Pub, Springfield usually Held on Wednesdays 7pm – 9pm
(email for more information)

Email: weareyourmates@gmail.com

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

Other mental health help:

Sanctus

30-32 Broomfield Road, Chelmsford, CM1 1SW

Tel: 01245257951

Drop-in

Monday – Friday 10.30 – 16.30

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, Drugs Counselling (relapse prevention) and Counselling Services.

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 Hopeline UK on 08000684141 text: 07860 039967

<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 5pm – midnight or Webchat is available.

<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

<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.

<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 on **0300 304 7000**.

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

- **The Mix**

Aimed at people under 25. Their helpline is open between 4pm and 11pm, 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: Text THEMIX to 85258

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

Helpline: 0808 8084994 (for 11-25 year olds) (4pm -11pm Monday to Saturday)

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

- **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

<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

(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

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

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

- **Mind**

Mid & North East Essex Mind – Maldon office

Tel: 01206764600

Email: enquiries@mnessexmind.org

For a list of Doctors Surgeries in Chelmsford please visit:

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