

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. 266112

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 0PP 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 0PP 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

Page 3 of 6

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>

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 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

<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.essexwellbeingsservice.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>