

## 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:** Leigh Harvey

**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

**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: 1019913  
Registered in England No: 2660112



## Other Drug and Alcohol recovery help:



### Sanctus

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

**Tel:** 01245257951

**Drop-in:** Wednesday 10.30am – 12.30pm (access by appointment only)

**Website:** <https://sanctus-home.com/>



### Alcoholics Anonymous

**Tel:** 08009177650

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

**Website:**

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

## AA Meetings in Chelmsford:

<p><b>Monday (open meeting)</b> Room 5, Christ Church, 164 New London Rd CM2 0AW <b>Time:</b> 12.30pm - duration 1hr 30mins and <b>Time:</b> 8pm - duration 1hr 30mins</p>	<p><b>Tuesday (open meeting)</b> Hall Street Presbyterian Church, Cnr of Hall St/Roman Rd CM2 0HG <b>Time:</b> 8pm - duration 1hr 30mins</p>	<p><b>Wednesday (open meeting)</b> Room 3, Christ Church, 164 New London Rd CM2 0AW <b>Time:</b> 8pm</p>	<p><b>Thursday (open meeting)</b> Parish Hall, Blessed Sacrament R C Church, 116 Melbourne Ave CM1 2DU <b>Time:</b> 5.45pm - duration 1r</p>
<p><b>Thursday (open meeting)</b> Medical Academic Unit, Broomfield Hospital, Court Rd CM1 7ET <b>Time:</b> 8pm - duration 1hr 30mins</p>	<p><b>Friday (open Meeting) Physical &amp; online</b> Trinity Methodist Church (Second Flr), Rainsford Rd CM1 2XB <b>Time:</b> 1pm - duration 1hr 30mins</p>	<p><b>Friday – (open meeting) Physical &amp; online</b> Trinity Methodist Church, Rainsford Rd CM1 2XB <b>Time:</b> 8pm - duration 1hr 30mins</p>	<p><b>Saturday (open meeting) Physical &amp; online</b> Trinity Methodist Church, 46 Rainsford Rd CM1 2XB <b>Time:</b> 7.30am - duration 1hr</p>
<p><b>Saturday (open meeting) Physical &amp; online</b> Open Road, Mansard House, 107-109 New London Rd CM2 0PP <b>Time:</b> 9am - duration 1hr 30mins</p>	<p><b>Saturday (open meeting)</b> Broomfield Village Hall, 158 Main Rd, Broomfield CM1 7AH <b>Time:</b> 11am - duration 1hr 30mins</p>	<p><b>Saturday (open meeting) Physical &amp; online</b> Trinity Methodist Church, 46 Rainsford Rd CM1 2XB <b>Time:</b> 6pm - duration 1hr 30mins</p>	<p><b>Sunday (open meeting) Physical &amp; online</b> Open Road, Mansard House, 107-109 New London Rd CM2 0PP <b>Time:</b> 9am - duration 1hr</p>
<p><b>Sunday (open meeting)</b> St John's Church, Moulsham St CM2 0JD <b>Time:</b> 8pm - duration 1hr 30mins</p>			

**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)



**Narcotics Anonymous**

**Tel:** 03009991212

**email:** [pi@ukna.org](mailto:pi@ukna.org)

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

**NA Meetings in Chelmsford:**

<p><b>Monday (Open Meeting)</b>                      Life Church Chelmsford                      Hall Street                      Chelmsford                      Essex                      CM2 0HG                      Time: 7.30pm ~ 9pm</p>	<p><b>Tuesday (open meeting)</b>                      Open Road Chelmsford                      Mansard House                      107-109 New London Road                      Chelmsford CM2 0PP                      Time: 8pm ~ 9:10pm</p>	<p><b>Wednesday (closed meeting) Physical &amp; online</b>                      Open Road Chelmsford                      Mansard House                      107-109 New London Road                      Chelmsford CM2 0PP                      Time: 8pm ~ 9.30pm</p>	<p><b>Thursday (open meeting)</b>                      All Saints Church                      Springfield Green                      Chelmsford CM1 7HS                      Time: 7.45pm ~ 9.15pm</p>
<p><b>Friday (open meeting) Physical &amp; online</b>                      Open Road Mansard House                      New Writtle Street                      Chelmsford CM2 0FY                      Time: 7.15pm ~ 8.45pm</p>	<p><b>Saturday (closed meeting)</b>                      Open Road Chelmsford                      Mansard House                      107-109 New London Road                      Chelmsford CM2 0PP                      Time: 7pm ~ 8.30pm</p>	<p><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</p>	

**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>



**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)



**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.

## Mental Health:



**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 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.



**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 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 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.*



### 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.



## 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/>



### 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.essexwellbeingservice.co.uk/services/mental-health>



### 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  
**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>



**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/>



## 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/>

The logo for Childline consists of the word "childline" in white lowercase letters on a blue rectangular background.

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

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

**Website:** <https://mnessexmind.org/>