**Drug and Alcohol Support**

STARS

01702 431889

Southend.referrals@cgl.org.uk

The Crisis Sanctuary continues to operate as a crisis service as it is not large numbers in attendance. Open from 6pm-11pm every night at Project 49 on Alexandra Street.

Trustlinks have quickly adapted and developed an online service - live chat, courses and groups, peer support all to support the wellbeing and reliance of our community. (There is currently a live photography for beginners course being live-streamed on the Facebook page) [*https://www.facebook.com/TrustLinksOnline/*](https://www.facebook.com/TrustLinksOnline/)

Coronavirus support for older people at home: <https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>

**Talk to FRANK**

Call - 0300 1236600

[www.talktofrank.com](http://www.talktofrank.com)

**Samaritans**

Call - 116 123

jo@samaritans.org

Samaritans.org

**Breaking Free Online**

This is an online recovery support programme. There’s a wide range of interventions available, 24 hours a day. This is free for our service users, speak to your recovery coordinator about getting access. <https://www.breakingfreeonline.com/>

Apple devices: <https://apps.apple.com/gb/app/breaking-free/id1180020202>

Android devices: <https://play.google.com/store/apps/details?id=com.bfappCompanion>

**Sober Grid App**

Sober Grid is the world’s recovery peer support app. This is free and gives you access to peer coaching.

Apple devices: <https://apps.apple.com/us/app/sober-grid-social-network/id912632260>

Android devices: <https://play.google.com/store/apps/details?id=com.sobergrid&hl=en_US>

**Sober Buddy**

Sober buddy is an online drug and alcohol recovery coaching service. There’s a free email service which sends you daily encouragement and challenges. There is an companion app in the making.

<https://yoursoberbuddy.com/>

**Alcoholics Anonymous**

Alcoholics Anonymous offer online groups. We’d encourage those self-isolating to get involved.

[https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/not~in~a~region/online-groups](https://www.alcoholics-anonymous.org.uk/Members/Regional-%26-Local-Websites/not~in~a~region/online-groups)

They’re receiving a huge amount of calls at the moment, so where possible, email aainformation@gsogb.org.uk for support and information.

**Narcotics Anonymous**

NA offer online meetings every day at 19:30 London Time.

Go to <https://online.ukna.org/> then follow the instructions.

**SMART Recovery**

SMART recovery is a recovery group using a science based therapeutic programme. They offer online meetings:

<https://www.smartrecovery.org/community/calendar.php>

There is a great online community, including online forums, daily check ins amongst other things:

<https://www.smartrecovery.org/community/>

**Mental Health Support**

**Moodjuice**

Moodjuice have self-help guides which could be really helpful if you’re suffering from anxiety/low mood:

<https://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp>

**Silver Cloud**

Silver Cloud is an online course that helps you manage stress, anxiety and depression. You’ll work through a series of topics selected by a therapist. This is an 8 week course and completely free:

<https://www.nhs.uk/apps-library/silvercloud/>

**Big White Wall**

Big White Wall is an online community for anyone feeling anxious, stressed or low. There’s an active forum, as well as around the clock support from professionals.

<https://www.nhs.uk/apps-library/big-white-wall/>

**Chill Panda**

This wellbeing app helps you manage your worries and suggests tasks to suit your state of mind. These range from simple breathing techniques to light exercises

<https://www.nhs.uk/apps-library/chill-panda/>

**Cove**

This app helps you easily create music to express how you’re feeling. You can store this in a journal or send to other people

<https://www.nhs.uk/apps-library/cove/>

**eQuoo**

This app uses adventure games designed by psychologists to help increase your mental fitness.

<https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/>

**Ieso**

Ieso is an online course that puts you in contact with therapists trained in cognitive behavioural therapy. This is free in SOME areas of the UK.

<https://www.iesohealth.com/en-gb/>

**My Possible Self: The Mental Health App**

This app contains simple learning modules that help you manage unpleasant emotions. These include fear, anxiety and stress. Record your experiences and track symptoms to better understand your mental health.

**Public Health England**

[www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)

**UK Government**

[www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response](http://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response)

**NHS**

www.nhs.uk