



## **SOCIAL INCLUSION AND RECOVERY SERVICE FOR ESSEX**

Futures in Mind is a service designed for people across Essex who are looking for support with mental-ill health and recovery from drug and alcohol misuse.

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*\*PLEASE BE AWARE THAT FUTURES IN MIND IS NOT A CRISIS OR TREATMENT SERVICE.*

### **HOW TO ACCESS THE SERVICE:**

If you feel you'd benefit from support in moving forward with your mental health and/or recovery of drug or alcohol misuse then our social inclusion and peer support could be what you are looking for.

To access the service and support such as welcome cafes, virtual groups, Befriending and various other activities simply refer yourself via any of the options below.

**Call: 01376 316 126**

**Email: [enquiries@futuresinmind.org.uk](mailto:enquiries@futuresinmind.org.uk)**

**Website: [www.futuresinmind.org.uk](http://www.futuresinmind.org.uk)**