

Open Road



Drug and alcohol recovery support

Children's Society

Looking for someone to talk to about how you're feeling? Want to read up on mental health issue? Struggling to understand bills and worried about falling into debt? Our information and advice pages have what you need.



Brook



Free confidential sexual health and wellbeing experts and information about you, your body, contraception and relationships.

EYPDAS

If you are below 25 and you are affected by substance misuse, we want to help. Whether it is you or someone in your family that is addicted to drugs or alcohol, we are here to support you every step of the way.

Essex Sexual Health Service



Sexual health advice

NHS



Drug abuse advice

Ask Frank



Honest information about drugs