Southend's Health & Wellbeing Information Point

Southend's Adults Information Point

Southend Treatment And Recovery Service (STARS)
Open 9.30am - 5 pm Monday to Friday (9.30am - 7pm on Tuesdays and Thursdays)

Service Details

We provide a flexible, confidential treatment and support service for adults with substance misuse issues living in Southend. We can help you reduce and minimise the harmful effects of your substance misuse. Our services include:

- Open access advice and information
- 1-1 structured, care-planned keyworking
- Structured treatment day programme
- Complementary therapies (including acupuncture)
- Women’s service
- Families and carers support group

Who to contact

Name: Shahida Akram
Position: Services Manager
Telephone: 01702 431889
Email: southend.referrals@cgl.org.uk
Website: http://www.cgl.org.uk

Where to go

Name of venue: Southend Treatment And Recovery Service (STARS)
Venue address: 25 - 27 Weston Road
Southend-on-Sea
Essex
Postcode: SS1 1BB
### When is it on?

<table>
<thead>
<tr>
<th><strong>Date &amp; Time Information</strong></th>
<th>Open 9.30am - 5 pm Monday to Friday  (9.30am - 7pm on Tuesdays and Thursdays)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time of day</strong></td>
<td>Morning  Afternoon  Evening</td>
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<tr>
<td><strong>Session Information</strong></td>
<td>Open access drop-in sessions  Monday-Friday 9.30 - 5p.m. (Drop-in open until 7p.m. on Tuesdays)</td>
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</tbody>
</table>

**Referral required?**  No  
**Referral and availability notes**  Individuals can self-refer by phone or via the drop-in sessions  
**Age Range**  18+

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