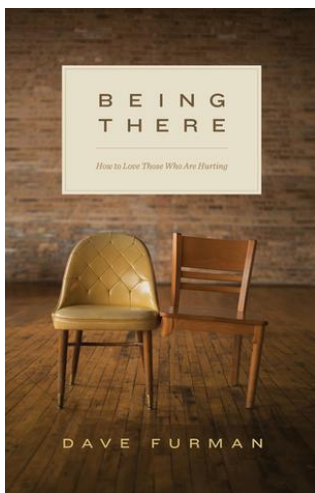


Living Without Worry: How to replace anxiety with peace by Timothy Lane

<https://www.10ofthose.com/uk/products/group/6070>



Being There: How to love those who are hurting by Dave Furman

<https://www.10ofthose.com/uk/products/group/5331>

Self Help Resources for Mental Health Problems

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/>

Guide to Living Without Worry Amidst Global Uncertainty

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

Who is Jesus?

<https://youtu.be/8lJa-PcEGE4>

<https://www.christianityexplored.org>

Get in touch: <https://www.trinitybristol.church/contact-us/>