

TELEPHONE HELPLINES

Supporting people with anxiety and depression.

RESET



Supporting people experiencing bereavement and loss.

REDISCOVER



Supporting people who are lonely and need to stay at home.

RECONNECT



0300 302 3160

Barking
Churches
unite
Praying & Working Together for the Community

THE SOURCE
HELP
HOPE
INFORMATION

WE ARE HERE TO HELP YOU · YOU ARE NOT ALONE

Freephone Number

Charity No: 1173315