

Two Truths and a Lie About Mental Disorders

Recommended Resources

Please click on the links below to be directed to the respective resource.

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Books:

[Help! I've Been Diagnosed with a Mental Disorder](#) by Christine Chappell

[Descriptions and Prescriptions: A Biblical Perspective on Psychiatric Diagnoses and Medications](#) by Dr. Michael R. Emlet

[Good Mood, Bad Mood: Help and Hope for Depression and Bipolar Disorder](#) by Dr. Charles Hodges

[Table for Two: Biblical Counsel for Eating Disorders](#) by David & Krista Dunham

[Depression: Looking Up from the Stubborn Darkness](#) by Edward T. Welch

[Help! I Get Panic Attacks](#) by Lucy Ann Moll

[I Have a Psychiatric Diagnosis: What Does the Bible Say?](#) By Edward T. Welch

[Anxiety: Knowing God's Peace](#) by Paul Tautges

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Hope + Help Podcasts:

[Hope + Help for Bipolar Disorder with Dr. Charles Hodges](#)

[Hope + Help for Post-Traumatic Stress with Curtis Solomon](#)

[Hope + Help for Depressed Christians with Zack Eswine](#)

[Hope + Help for Eating Disorder Care with David & Krista Dunham](#)

[Hope + Help for Panic Attacks with Lucy Ann Moll](#)

[View All Hope + Help Podcasts Here](#)

For additional resources on this topic, visit christinemchappell.com/help

HELP!

“This is now my go-to resource when someone in my church is diagnosed with a mental disorder.

- Scott Mehl Author, *Loving Messy People: The Messy Art of Helping One Another Become More Like Jesus*

“...an insightful and accessible resource written by a sympathetic and wise counselor.

- David & Krista Dunham Co-authors, *Table for Two: Biblical Counsel for Eating Disorders*

If you've just been diagnosed with a mental disorder, you may be feeling overwhelmed and have all kinds of questions. In this mini-book, Christine Chappell writes out of her own experience of diagnosis and offers readers a redemptive perspective from which to begin processing their nuanced problems. Cautioning against a “fix it” mentality, she shows how the Scriptures provide stabilizing truths about our personhood, purpose, and potential for making God-glorifying progress during the challenging post-diagnosis journey.

LEARN MORE AT CHRISTINEMCHAPPELL.COM/HELP

