



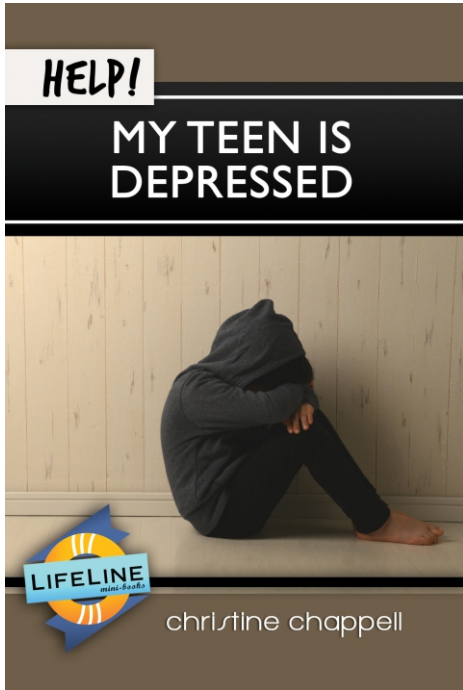
New Mini-Book from

# Shepherd Press

Gospel driven • Heart focused • Life changing



From the publishers of *Shepherding a Child's Heart*



### At a Glance...

Help! My Teen is Depressed  
Christine Chappell

Mini-Book, 64pp, 6 x 4 inches,  
Saddle stitched

ISBN Paper: 978-1-63342-204-9  
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Suggested retail prices

Paper: \$4.99  
Mobi: \$2.00  
Epub: \$2.00

Ebooks: Available now  
Paper: Available March 2020

Consulting Editor: *Dr. Paul Tautges*



BISAC: REL050000 RELIGION / Christian Ministry / Counseling & Recovery

BIC: HRCV3 Christian counseling

### Table of Contents

Introduction  
1. Understand the Experience of Depression  
2. Observe God's Care  
3. Get to the Heart  
4. Prepare for Common Challenges  
Conclusion  
Personal Application Projects  
Where Can I Get More Help?

**Short Description:** A mini-book that offers compassionate biblical wisdom and practical insights for walking a teen through depression.

If your teen is battling depression, you may be feeling helpless and hopeless. Perhaps you're slowly coming to the realization that you have no idea how to rescue your child from the darkness he or she is in. Christine Chappell knows from experience that there are no quick and easy solutions, but here she provides biblical wisdom and encouragement to offer hope for the hopeless teen and help for the helpless caregiver.

### Reading Audience

- Parents & Guardians
- Family Members & Caregivers
- Teachers & Counselors
- Student Ministry Leaders
- Pastors

### Features and Benefits

- Easy to read and apply
- Promotes compassionate, holistic care
- A pertinent subject today
- May be used discreetly
- Series is endorsed by key counseling organizations



**Author** Christine Chappell is an author, writer, and host of the Hope + Help Podcast. She is passionate about advocating for biblical one-another care and discipleship in the context of the local church. Christine blogs regularly at [christinemchappell.com](http://christinemchappell.com) and lives in South Carolina with her husband and three children.

You can trust these resources! —*Dr. Heath Lambert*

LifeLine mini-books are an invaluable tool for your counseling tool kit. —*Dr. John Street*

All pastors, counselors, and leaders in the local church will be helped by keeping these little gems close by. —*Brian Croft*

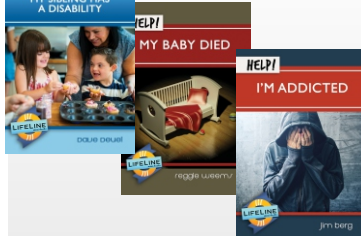
These mini-books are great resources that help with the small adjustments required for change. —*Dr. Jeremy Pierre*

There is real meat here: robust analysis, honest assessment, and rich gospel application. — *Dr. Tedd Tripp*

The LifeLine series is the single most helpful counseling resource a church can provide for members and visitors. —*Todd Friel*

I wholeheartedly recommend this series of mini-books! —*Dr. Wayne Mack*

[www.lifelineminibooks.com](http://www.lifelineminibooks.com)



"These little books are directly targeted to the issues that we all face and they hit the bulls-eye. They are faithful to Scripture and they demonstrate insight into its application. Churches need to make these available for their congregations."

**John MacArthur**

**Pastor-Teacher, Grace Community Church  
President, The Master's University and Seminary**

Many more mini-books in preparation.  
Visit [www.lifelineminibooks.com](http://www.lifelineminibooks.com) for more details and a full schedule.