

# ANXIOUS FOR NOTHING

starter pack

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@ 9:00, 10:45, 2:00, & 4:00

# BOOKS

on mental health

## FOR ADULTS:

*Walking on Water When You Feel Like You're Drowning*, Tommy Nelson

*It's Not Supposed to Be This Way*, Lysa TerKeurst

*When the Darkness Will Not Lift*, John Piper

*Rhythms of Renewal*, Rebekah Lyons

*Living with Depression*, Elaine Brown

## FOR KIDS:

*It Will Be Okay*, Lysa TerKeurst

*Zoe's Hiding Place*, David Powlison

*Quinn's Promise Rock*, Christie Thomas

# COUNSELING

online & in office options

## BATON ROUGE LOCATIONS:

[Baton Rouge Christian Counseling](#)

[Veritas Counseling](#)

[CrossRoads Professional Counseling](#)

## ONLINE OPTIONS:

[BetterHelp](#)

[Faithful Online Counseling](#)

# OTHER RESOURCES

articles, playlists, videos, Bible

## ARTICLES:

[Responding Depression, Gospel Coalition](#)

[Too Depressed To Believe What We Know, Desiring God](#)

## PLAYISTS:

[Truth Reminders](#)

## PROGRESSIVE MUSCLE RELAXATION FOR ANXIETY:

[Video Guide](#)

## BIBLE READING PLANS:

[Pray Through Scripture: Anxiety](#)

[Combating Anxiety With God's Word](#)

[Depression Through the Psalms](#)

[Anchored: Through Deep Waters](#)

## VERSES & PRAYERS:

[Through the Waves Guide](#)