

ANXIOUS FOR NOTHING

starter pack

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[YOUTUBE.COM/THECHAPELBR](https://www.youtube.com/thechapelbr)

@ 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](#)