

A R E L E N T L E S S H O P E

Surviving the Storm of Teen Depression



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A Relentless Hope Surviving The Storm Of Teen Depression

Gary E. Nelson



A Relentless Hope Surviving The Storm Of Teen Depression:

A Relentless Hope Gary E. Nelson, 2007-05 Description Depression and related illnesses threaten to wreck the lives of many teens and their families Suicide driven by these illnesses is one of the top killers of these young people How do teens become depressed What does depression feel like How can we identify it What helps depressed teens What hurts them How do families cope with teen depression In A Relentless Hope Gary Nelson uses his experience as a pastor and pastoral counselor to guide the reader through an exploration of these and many other questions about teen depression Nelson has worked with many teens over the years offering help to those who find themselves confronted by this potentially devastating attacker The author also uses the story of his own son's journey through depression to weave together insights into the spiritual emotional cognitive biological and relational dimensions of teen depression Through careful analysis candid self revelation practical advice and even humor this pastor counselor and father reminds us that God's light of healing can shine through the darkness of depression and offer hope A Relentless Hope is written for teens parents teachers pastors and any who walk with the afflicted through this valley of the shadow of death Endorsements Whether you are a youth struggling with depression a family member of a depressed teen or a pastor counselor or teacher providing support and help in such circumstances this book is a must read as the most informative and helpful volume available on the subject Merle R Jordan Professor of Pastoral Psychology Emeritus Boston University School of Theology This story of a family is an incredible gift of honest reflection So many families deal with the issue of teen depression As the dean of a theological school I am aware of the numbers of youth that my students deal with who are in this book Depression self medication with alcohol and drugs self doubt and even considerations of suicide as an answer all are in our communities and probably in even a small church This book is about an attitude that avoids denial attempts to keep a sense of humor and believes in the miracle of life Thank you Tom for allowing your story to be told Maxine Clarke Beach Vice President and Dean Drew Theological School This is a story of amazing grace I love the challenge Gary gave the reader throughout the book Never give up on loving I was reminded in a very tangible way of the limitless capacity of God who loves us the same way He never stops What an incredible mantra for all of us Never give up on loving Never I wonder how different our world would be if we practiced this command Rev Dale Seley Pastor Downtown Baptist Church Alexandria Virginia About the Contributor's Gary E Nelson DMin is a United Methodist minister who for thirty years has worked with teens and their families as a local church pastor and as a pastoral counselor He currently pastors a church in West Virginia

A Relentless Hope Gary E. Nelson, 2007-05-15 Depression and related illnesses threaten to wreck the lives of many teens and their families Suicide driven by these illnesses is one of the top killers of these young people How do teens become depressed What does depression feel like How can we identify it What helps depressed teens What hurts them How do families cope with teen depression In A Relentless Hope Gary Nelson uses his experience as a pastor and pastoral counselor to guide the reader through an exploration of these and many other

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Defeating Depression Y. S. Lin,2015-12-15 The National Institute of Mental Health reports that one in ten young people will suffer from a depressive disorder before the age of eighteen Though depression is a common condition it is also one that is often misunderstood This useful guide establishes the clinical definition of depression and explains the difference between conditions such as persistent depressive disorder and major depression Common treatment methods including therapy and medications are discussed The volume also contains advice about where depressed teens can turn to get the help that they need interviews from medical professionals information about risk factors for depression and things depressed teens can do to try to combat their depression Teen Suicide Heidi Williams,2009-08-07 Our teens are at risk for suicides and this

essential volume will help you help your at risk teens from the devastation of suicide This volume expertly recognizes the intimate relationship between its subject and reader as it weaves together different points of view Does the desire for attention motivate teens to commit suicide Do antidepressants contribute to an increase in teen suicides Are gay teens at a greater risk for suicide Can silencing cyberbullies put an end to suicides These and other important questions are answered

Wit's End Sue Scheff,2008-04-29 Sue Scheff turned to a therapeutic boarding school for solutions to her out of control teenage daughters behavior problems Wits End is the story of how her attempt at saving her troubled teen turned into a nightmare and includes the program that she now implements to consult other parents who are at wits end through her national organization Parents Universal Resource Experts PURE **The Truth Shall Make You Odd** Frank G.

Honeycutt,2011-02-01 In the life of a pastor it can be tempting to offer half truths that make everyone happy and the pastor popular Speaking difficult truths may anger or alienate church members but authentic pastoral care sometimes requires it How can those in ministry speak honestly in the inevitable awkward situations they face Here a wise and witty pastor storyteller draws on his church life experiences over the past twenty five years including sermons funerals and board meetings to offer nitty gritty guidance on handling the uncomfortable situations that all pastors face Utilizing humor and encouragement and speaking across denominational lines Frank Honeycutt examines a variety of biblical contexts where the truth of Jesus is difficult to hear but direly needed especially in settings where half truths are the norm He shows pastors how to courageously speak the truth no matter the risk or cost **Beautiful Me: Finding Personal Strength &**

Self-Acceptance Tamra Orr,2008-08-01 Beautiful Me features fictional narratives paired with firsthand advice from a

licensed psychologist to inspire and build self esteem among preteen and teen girls This book will help readers discover their inner strength and learn to feel comfortable in their own skin Positive coping skills are introduced for dealing with difficult issues including peer pressure parental expectations and depression Throughout the book Talk About It questions encourage discussion Additional resources a glossary and an index are also included Beautiful Me will leave readers feeling confident to handle future challenges

The Truth about Death and Dying Karen Meyers,Robert N. Golden,Fred Peterson,2009
Offers clear and concise information and covers the many issues feelings and processes that relate to death and dying

Victim No More! Shauna M. Hyde,2020-11-04 A Colorado native Shauna Hyde grew up with three brothers no sisters and a father who was a pastor of a local community church She was taught that women married for life and no woman she knew was a pastor This normal crashed around her when her first husband left her with a newborn baby to raise alone Her second husband confessed his unfaithfulness again her world hit a bruising reality wall despite her efforts to be the best little wife Shauna started studying karate and began to see a correlation between the two disciplines that opened her soul to be empowered by the grace of God God in turn taught her and used her to empower others As a United Methodist minister who is also a black belt in Shota Kahn karate I am often asked how I can be both a martial artist and a pastor There have been a lot of jokes about how I will force people to the altar or smack people who get out of line Then there is always the joke about no one wanting to disobey me in the church because I know how to hurt them In reality anyone who is a true martial artist and or has a deep understanding of the martial arts knows that it is not about violence it is about mercy self discipline a lot of routine practice and a whole other host of characteristics that I would like to address in this book Shauna shares what she has learned with a solid Biblical foundation through thought provoking questions that work well individually and with small groups Karate is a tool that can help people grow understand and become disciplined Church is a tool that also helps people grow understand and become disciplined The greatest tool of all to be used to empower others is the constant and abundant application of grace

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