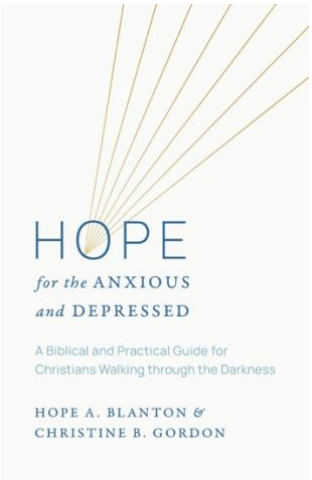
"Hope for the Anxious and Depressed"
by Hope A. Blanton & Christine B. Gordon
Publication Date: September 29, 2026
Media Contact: marissa.sullivan@lifeway.com

Authors offer a theology of mental health grounded in faith, hope and clinical insight

Hope Blanton and Christine Gordon equip individuals, families, churches for dealing with anxiety and depression



BRENTWOOD, Tenn., July 8, 2026 — Millions of Americans experience anxiety and depression every year, with 1 in 5 U.S. adults having been diagnosed with an anxiety disorder (19%) or with a depression disorder (19%) in their lifetimes, according to the CDC.

As anxiety and depression continue to impact individuals, families and communities, "Hope for the Anxious and Depressed" offers a timely and compassionate resource for Christians seeking to reconcile their experiences with their faith. Written by Hope A. Blanton, a Licensed Clinical Social Worker, and Christine B. Gordon, a practical theologian and Bible teacher, the book combines biblical wisdom, professional expertise and personal experience to address mental health struggles honestly and faithfully.

Rather than offering simplistic answers, Blanton and Gordon explore how anxiety and depression impact the whole person—body, mind, and spirit—while helping readers understand that seeking support and treatment is not a sign of weak faith. Through practical guidance, relatable stories and Scripture-based encouragement, they provide a pathway for individuals, families, and churches to build a theology of mental health challenges.

At a time when mental health remains one of the most discussed—and often misunderstood—topics in Christian circles, "Hope for the Anxious and Depressed" addresses questions many believers are asking: Can Christians struggle with anxiety and depression? What role do counseling, medication and spiritual disciplines play in healing? And how can churches better support those who are hurting?

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To request an interview, please contact Marissa Sullivan at marissa.sullivan@lifeway.com or 615.933.5996.

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ABOUT THE AUTHORS

Hope A. Blanton is a Licensed Clinical Social Worker and a co-founder of At His Feet Studies. Hope spends her days counseling in her private counseling practice in San Antonio, Texas. She loves being outside, making people laugh and hanging out with her husband and three kids.

Christine B. Gordon holds a Master of Arts in Theological Studies and is a co-founder of At His Feet Studies and an adjunct professor at Covenant Theological Seminary. She loves to walk, make music with other people and snuggle with her ridiculous dogs. She lives with her husband and three children (when the oldest visits from college) in St. Louis.

TALKING POINTS AND INTERVIEW ANGLES

- **Christians, anxiety, and depression:** addressing misconceptions and helping churches respond well
- **Faith and mental health care:** why spiritual disciplines and clinical treatment aren't competing solutions
- **The church and mental health:** what the church gets right—and wrong—about mental health
- **Hope in the darkness:** what faithful endurance looks like amid anxiety and depression
- **Questions Christians ask:** biblical wisdom on counseling, medication, prayer and recovery
- **Helping a loved one:** practical ways to offer support, understanding and hope

POSSIBLE INTERVIEW QUESTIONS

- How did your own journeys with anxiety and depression shape the book?
- Why does mental health stigma persist, and how can the church help remove it?
- What are some of the common misconceptions Christians have about anxiety and depression?
- How can believers distinguish between normal worry, clinical anxiety, and depression?
- What do you say to Christians who believe faith should eliminate anxiety and depression?
- Why should Christians embrace both spiritual practices and professional mental health care?
- What role can the church play in supporting people struggling with mental health?
- What are some ways we can come alongside a loved one experiencing anxiety or depression?
- How does Scripture offer hope to those who feel trapped in darkness, fear, or despair?
- What gives you hope for the future of mental health conversations in the church?

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