

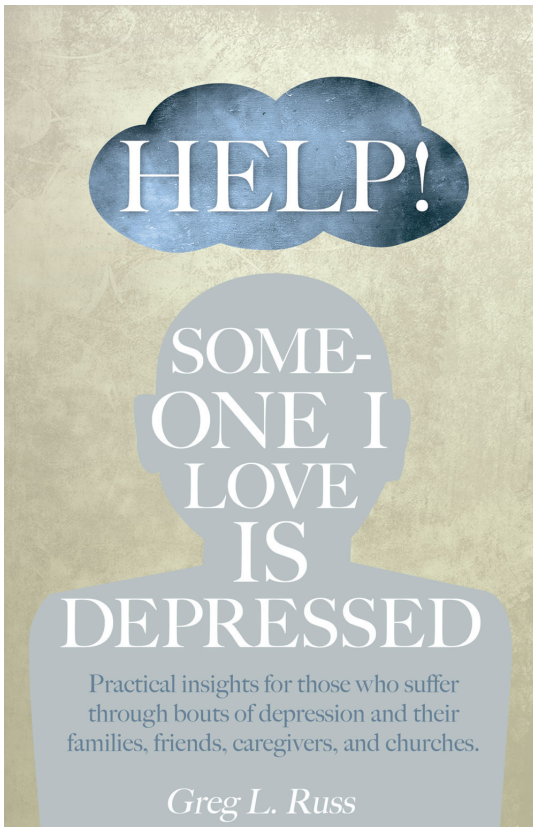


news release

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NEW BOOK HELPS FAMILIES LOVE THOSE SUFFERING WITH DEPRESSION *Is depression a demon from hell, a chemical imbalance or a deeper way of knowing God?*



FOR IMMEDIATE RELEASE: In 2008, 57.7 million Americans suffered from a serious mental disorder. From major depression, bipolar disorder, or schizophrenia to dysthymic disorder and anxiety disorders, mental illness is prevalent in America. Plenty of books have been written to help those who suffer depression, but few are geared towards the family members struggling to love someone who's depressed. Written by a survivor of depression, author Greg Russ in his new book *Help! Someone I Love is Depressed: Practical Insights for those who suffer through bouts of depression and their families, friends, caregivers, and churches* (Ambassador International; May 2013; \$10.99, paperback) provides practical insights for loved ones of those who are experiencing emotional pain.

“Depression is one of the most misunderstood illnesses in contemporary culture,” Russ writes, “we must listen with our eyes because 80 percent of communication is nonverbal; our hearts sense the emotions behind the words.” How do we love someone who is suffering from depression? Russ provides an inside look at depression to help family members and friends understand what it is like to have this dreaded disease.

After surviving five different episodes of severe depression, Russ understands what depression is. This book provides not only insight in how someone who is depressed thinks, but more effective ways in communicating with that person. *Help! Someone I Love is Depressed* is filled with scripture, professional mental health opinions, exploring different views, offering practical wisdom and finding God's role in the daily battle against depression.

RELEASE DATE: May 2013
TRADE Paperback
PAGES: 128
PRICE: \$10.99
ISBN: 9781620202067

To learn more about the author and his new book *Help! Someone I Love is Depressed*, visit <http://www.gregluss.com/>. For interview requests, please contact publicist Alison Storm at media@emeraldhouse.com.

ABOUT THE PUBLISHER: Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International's books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit www.ambassador-international.com. You can also follow @AmbassadorIntl on Twitter or check out [Facebook.com/AmbassadorIntl](https://www.facebook.com/AmbassadorIntl).

Suggested Interview Questions for the Author:

1. What do you want readers to take away from *Help! Someone I Love is Depressed*?
2. Was there a specific moment when you knew you needed to seek professional help?
4. Are there any boundaries you would suggest for the person who is helping someone with depression?
5. Do you have any suggestions for starting a difficult conversation surrounding your loved one's depression?
6. What would be some phrases not to say to someone who is suffering with depression or anxiety?
7. What would be the top three things for family members to do for their family member who is depressed?

Reviews for *Help! Someone I Love is Depressed...*

“The content is clear, authentic, personal, and written in a manner to which anyone who reads it can relate. It is brilliant – not in that it’s presented as a textbook on depression – but it is brilliant in its accuracy and its clarity and its readability. It is an important book. It is one that I think God will really use both to help individuals understand depression and to show them how God can help with this problem.”

– Patricia Laster, Ed.D Psychology

“As a member of the clergy and a survivor of depression, Russ brings a unique perspective to the recognition of mental illnesses, effectively de-stigmatizing those potentially life-threatening conditions. I strongly recommend his book for anyone of faith; it is an invaluable opportunity to understand the pain and suffering associated with mental illnesses, as well as the collaboration between faith, science, and common sense, all of which contribute to recovery.”

— Dr. Jeffery K. Smith, senior partner of Piedmont Psychiatry,

Greenville, SC and author of *Bad Blood: Lyndon B. Johnson, Robert F. Kennedy, and the Tumultuous 1960s*

“Greg offers unique insights that will help others battling depression find hope...his book will do much more. For the pastor who ministers to people with depression, Greg provides a plethora of insights into understanding the way depressed people feel and think. The book is filled with scriptural references, a clue to Greg’s answer to the role of God in the daily fight with depression. I recommend this book for those still in the valley and for those who care enough to minister to them.”

—Dr Wayne VanHorn, Dean, School of Religious Studies,
Mississippi College

“The book is written in a very personable manner. He brings all the physiological and scientific terms to a level that any reader can comprehend. It is a powerful tool for one battling depression, as well as, the one who is swimming upstream trying to carry a depressed person back to shore. I use his concepts over and over as I counsel with others. I would recommend this book to anyone longing to see the light again.”

—Ruth McWhite, Women’s Ministry Director,
North Greenville University

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author bio

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GREG L. RUSS

Author of "Help! Someone I Love is Depressed"



Greg L. Russ is a graduate of the University of South Carolina, New Orleans and Fuller Seminaries. At Fuller, He did his doctoral work under the guidance of Dr. Archibald Hart. As God progressively healed Greg's bouts of depression, he became inspired to befriend and comfort others suffering this dreaded disease. Equipping the church with practical insights, he is hopeful they will join medical practitioners and counselors in becoming part of the healing process.

Connect with Greg L. Russ

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 @GregLRuss

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