

MEDIA CONTACTS:

Morgan Canclini-Mitchell
morgan@twopr.com
615-933-8570

Lisa Bergmanis
lisa@twopr.com
573-692-5641

**PODCAST HOST AND LICENSED PROFESSIONAL COUNSELOR
DEBRA FILETA ASKS TOP CHRISTIAN AUTHORS, ARTISTS, AND
PASTORS, “ARE YOU REALLY OK?”**

Preceding the launch of her latest book, Debra Fileta’s Love + Relationships podcast will host Christine Caine, Matt Chandler, Jeremy Camp, Natalie Grant, and others for broadcast counseling sessions that dive deep into their spiritual and emotional health

(NASHVILLE, Tenn.) March 2, 2021—According to [Mental Health America’s 2021 report](#) on the current state of the country’s mental health, the number of people looking for help with anxiety and depression has skyrocketed. From January to September 2020, there was a 93% increase over the 2019 total number of anxiety screens and a 62% increase over the 2019 total number of depression screens. Alarming, the report also cited that 80% of people who took the anxiety and depression screenings scored with symptoms of moderate to severe conditions this year. Ultimately the report reveals a devastating reality in America:

- Youth mental health is worsening.
- Even before COVID-19, the prevalence of mental illness among adults was increasing.
- Suicidal ideation among adults is increasing.
- There is still an unmet need for mental health treatment among youth and adults.



Enter **Debra Fileta**, a licensed professional counselor and host of the [Love + Relationships](#) podcast—a hotline-style show where people call in to get their relationship questions answered.

In Fileta’s forthcoming book, [Are You Really OK? Getting Real About Who You Are, How You’re Doing, and Why It Matters](#) (978-0-7369-8251-1, May 18, 2021, Harvest House Publishers), this bestselling author and speaker challenges readers to take a closer look at their emotional, mental, spiritual, and physical health and ask themselves, “Am I really OK?” Fileta knows firsthand that being a person of faith doesn’t automatically mean you’re healthy. After 10+ years of marriage, 15 years of counseling clients, and four and a half books (she’s currently cowriting one with Gary Thomas), Fileta not only possesses the knowledge and experience to coach listeners on

their journey to becoming more than okay—she has the heart for it. In fact, in her upcoming book, she reveals some of her own traumas, including a miscarriage that nearly took her life, and her deep struggles with both anxiety and depression. Fileta states: “Just because you’re a Christian doesn’t mean you’re healthy. Getting



healthy is an ongoing process that requires you to stop, dig deep, and ask yourself the hard questions. The worst thing we can do for our emotions is to simply ignore them.”

Fileta will also host a 9-week special series, “*Are You Really OK?*” on her *Love + Relationships with Debra Fileta* podcast to coincide with the book’s release. The series will feature counseling sessions that ask the theme question of special guests, including:

- **Christine Caine**—founder of A21 and Propel Women
- **Matt Chandler**—lead pastor of The Village Church in Flower Mound, Texas
- **Jeremy Camp**—chart-topping singer/songwriter, worship leader, and subject of the film *I Still Believe*
- **Natalie Grant**—eight-time GRAMMY® nominee, five-time GMA Dove Awards Female Vocalist of the Year, author, philanthropist, and cofounder of Hope for Justice
- **Michelle Williams**—singer, actress, and member of R&B group Destiny's Child
- **Jonathan Pitts**—bestselling author, speaker, and executive pastor at Church of the City in Franklin, Tennessee
- **Jonathan Pohluda**—bestselling author of *Welcome to Adulthood* and pastor of Harris Creek Baptist Church
- **Levi Lusko**—Lead pastor of Fresh Life Church and bestselling author of *Swipe Right* and *Through the Eyes of a Lion*

During this time when the whole world is feeling isolated and disconnected, the *Are You Really OK?* podcast series will allow listeners to connect with and learn from some of the most prominent voices in the Christian world today as they dig in to discover their mental, emotional, spiritual, and physical health through these 30-minute interview sessions with Fileta.

“The *Are You Really OK?* series is going to courageously pave the way for us to get real about our mental and emotional health from the top down,” says Fileta. “I’m inviting some incredible leaders, pastors, and teachers who are willing and ready to open up about how they’re *really* doing and to have an honest conversation with me about their personal journey toward mental and emotional health. We’re going to have powerful, life-changing conversations no one will want to miss.”

It’s time to get intentional about pursuing health in *every* part of life. Bringing together science, psychology, and faith, the *Are You Really OK?* series will help listeners get healthy from the inside out while Fileta and her esteemed guests work through the tough questions.

[*Love + Relationships with Debra Fileta*](#) is the hotline-style podcast hosted by licensed professional counselor and author Debra Fileta. In each episode, Debra talks about healthy relationships for every age and stage. Listeners can tune in wherever they stream their favorite podcasts or at truelovedates.com/loveandrelationships/.

Are You Really OK? is Fileta’s fourth book. It is available everywhere books are sold starting May 18, 2021. Learn more at <https://areyoureallyok.com/>.

Debra Fileta, MA, LPC is a licensed professional counselor, host of the [*Love + Relationships*](#) podcast and the author of [*True Love Dates: Your Indispensable Guide to Finding the Love of Your Life*](#) (2018), [*Choosing Marriage: Why It Has to Start with We > Me*](#) (2018), [*Love in Every Season: Understanding the Four Stages of Every Healthy Relationship*](#) (2020), and [*Are You Really OK?: Getting Real about Who You Are, How You’re Doing, and Why It Matters*](#) (2021). A passionate speaker, Fileta challenges people to have a psychologically and spiritually healthy approach to relationships. She and her husband, John, have been happily married for more



than a decade and have four beautiful children. To learn more about Debra, follow her [Facebook](#), [Instagram](#), [Twitter](#), and visit www.TrueLoveDates.com.

Harvest House Publishers, a Christian publishing company based in Eugene, Oregon, publishes more than 100 books per year and carries a strong backlist offering more than 1,500 titles. Over 145 million Harvest House books have been sold worldwide through diverse distribution channels, and additional millions have sold in more than 75 languages.

###