

About Katie Dale,
Author of *BUT DELIVER ME FROM CRAZY: A Memoir*



Katie grew up in a Christian home but was blindsided by serious mental illness at the age of (not-so-sweet) 16. After a 3-week stay at a local juvenile psych ward, medication trials, and many sessions of Christian psychotherapy, she continued her education, graduating from Roberts Wesleyan College in 2009 with a B.S. in Business Administration.

After being stable and medicated for 8 years, and married to her husband for 3, Katie was inspired by a televangelist to take a leap of blind faith and claim complete healing in Jesus's name – going off her medications. She returned to the psych ward for several months, and chronicles these experiences in her new memoir, *But Deliver Me from Crazy* (due March 2020).

Having served as a caseworker in a behavioral health outpatient clinic, Katie's passion is to help others struggling with their mental illnesses and to come alongside those who are confused about their faith's role in healing their minds. She offers clarity and perspective from past personal and professional experience on her blog, BipolarBrave.com. Follow her on social media @katierdale.

Katie R. Dale is a mental health advocate and writes for *Fresh Hope for Mental Health*. She resides in rural Missouri with her active duty AF husband, son, and cat.

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