

# How This Popular Christian Artist Overcame Suicidal Thoughts, ‘Insane Depression’

Christian singer Jamie Grace is known for her stunning vocals and upbeat personality. The 27-year-old performer routinely uplifts her peers with inspirational YouTube videos and chart-topping hits. But life hasn't always been simple and carefree for “The Happy Song” singer; Grace has bravely faced some uphill challenges.

During a recent episode of ‘s “Pure Talk,” Grace candidly shared her journey into music—and her quest to overcome intense personal struggles, including her battle with Tourette syndrome.

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“When I was 11, I was diagnosed with Tourette syndrome, [obsessive-compulsive disorder], [attention-deficit/hyperactivity disorder] and anxiety,” she said. “And I was like, ‘this is a lot of things to deal with, this is a lot of stuff on my plate.’”

The singer said that she found herself facing “insane depression” as she coped with these life-altering challenges—a depression that left her deeply impacted.

“I had moments of being suicidal, and I had moments of just feeling lost and just wanting to be finished and done,” Grace said. “I had a kind of a mindset that I needed to get through my pain to experience joy—that I needed to get through the tunnel to see the light at the other end.”

Watch Grace reveal how she overcame her intense struggles: