

LDS Magazine Resources on Mental Health Issues

Neal A. Maxwell, "According to the Desires of Our Hearts," *Ensign*, November 1996, 21.

M. Russell Ballard, "Suicide: Some Things We Know, and Some Things We Do Not Know," *Ensign*, October 1987, 6.

Tragedy or Destiny, *Teachings of the Presidents of the Church: Spencer W. Kimball*, Chapter 2.

Dallin H. Oaks, "Powerful Ideas," *Ensign*, November 1995, 26.

"The Broken Bowl," Karen Athay Packer, *Ensign*, Sept. 1992, 53

"Do Not Despair," Ezra Taft Benson, *Ensign*, Oct. 1986, 2

"Coping with Suicide", Steven C. Yamada, *Helping and Healing Our Families*. Deseret Book. Pp239-242

"Dealing with Disabilities," *Ensign*, June 1993, 66.
Hilarie Cole, "He Will Be There to Help," *Ensign*, May 1995, 95

W. Craig Zwick, "Encircled in the Savior's Love," *Ensign*, Nov. 1995, 13. "Embracing Members with Special Needs," *Ensign*, Aug. 2005, 12.

Boyd K. Packer, "The Moving of the Water," *Ensign*, May 1991, 7.

Thomas S. Monson, "Labels," *Ensign*, September 2000, 2.

Thomas S. Monson, "Miracles—Then and Now," *Ensign*, November 1992, 68.

Mark G. Warner, "The Things I've Learned from You," *Ensign*, September 2001, 41.

Elizabeth VanDenBerghe, "Helping and Being Helped by the Intellectually Impaired," *Ensign*, October 1993, 26.

James E. Faust, "The Sanctity of Life," *Ensign*, May 1975, 27.

Thomas S. Monson, "Meeting Life's Challenges," *Ensign*, November 1993, 68.

Gayle M. Clegg, "Teaching Our Children to Accept Differences," *Ensign*, June 2004, 40.

"I Have a Question," *Ensign*, Feb. 2000, 61.

Carmen B. Pingree, "'So Near and Yet So Far': Living with Autism," *Ensign*, Aug. 1983, 57.

Laurie Wilson Thornton, "The Mathematics of Multiple Disabilities," *Ensign*, Oct. 1991, 65.

Richard G. Scott, "To Be Healed," *Ensign*, May 1994, 7.

Richard G. Scott, "Obtaining Help from the Lord," *Ensign*, Nov. 1991, 85.

Cecil O. Samuelson, "What does it Mean to Be Perfect?" *New Era*, Jan. 2006, 10
Elder Samuelson talks about problems associated with perfectionism. Perfectionism can contribute to anxiety and may cause individuals to become overly concerned with exactness in performance.

Allen E. Bergin, "Toward a Theory of Human Agency," *New Era*, July 1973, 33
Agency and the impact of a variety of disorders are reviewed. Brother Bergin reviews the limits of self-control in the face of anxiety, panic attacks, and other important disorders.

Elder Dallin H. Oaks, "He Heals the Heavy Laden," *Ensign*, November 2006, 6.
The healing power of the atonement is available for every affliction in mortality. Christ can give us the strength to endure.

Elder Russell M. Nelson, "Perfection Pending," *Ensign*, November 1995, 86.
The realities of our imperfections can rob us of happiness. We ought not to let perfectionism cause depression in our lives.

This young man's story about avoiding suicide gives hope and courage.

Marleen S. Williams, "Raising a Child with a Disability," *Ensign*, October 2004, 12
Children with serious mental health disorders require special help and extra energy, but they can enjoy lives that are full and fulfill their mission on earth.. Understanding symptoms can allow us to see how we can help.

Carmen B. Pingree, "Six Myths about the Handicapped," *Ensign*, June 1988, 19
Sometimes, we do not understand how health problems affect our ward. Looking beyond the obvious is necessary to reach out to those in need.

Dawn and Jay Fox, "Easing the Burdens of Mental Illness," *Ensign*, October 2001,
32. *Family and church members can do much to ease the burden of mental illness. Ideas are given to help comfort self and others.*

Jan Underwood Pinborough, "Mental Illness: In Search of Understanding and Hope," *Ensign*, February 1989, 50. *Correct understanding of mental illness from an LDS perspective can give hope to members of the church*

Elder Alexander B. Morrison, "Myths about Mental Illness," *Ensign*, October 2005, 31.
Mental illness has many misconceptions that get in the way of helping sufferers, friends and family of those afflicted. Seeing into the realities of brain problems can help us help others.

Bruce R. McConkie, "The Salvation of Little Children," *Ensign*, April 1977, 3.
The principles that apply to the accountability of little children may also apply to those suffering from serious forms of mental illness.

James E. Faust, "Who Do You Think You Are?" *New Era*, March 2001, 4

Katie May Hess, "My Battle with Anorexia," *New Era*, April 2006, 42. *Facing an eating disorder is hard and it takes a long time. Inner feelings are as big a problem as food. Getting professional help is important.*

Elder Boyd K. Packer, "Solving Emotional Problems in the Lord's Own Way," *Ensign*, May 1978, 91. *President Packer recommends viewing emotional problems the same we look at other welfare issues. We start with trying to get help in the home before we go to the Church for help. He notes that some depression in life is normal.*

Elder Robert D. Hales, "We Can't Do It Alone," *Ensign* (CR), November 1975, 90.
Sometimes depression leads us to feel rebellious and causes a withdrawal from friends and family as well as a rejection of self.

David G. Weight, "Why Is My Wife (Or Husband) Depressed?" *Ensign*, March 1990, 27
Medication can help when depression is biological rather than simply emotional. There are telltale signs to help us see whether or not we may need to seek medical help.

Sean E. Brotherson, "When Your Child Is Depressed," *Ensign*, August 2004, 52–53
There are things you can do to help whether a family member may be depressed emotionally or biologically.

Val D. MacMurray, "When Life Is Getting You Down," *Ensign*, June 1984, 56
There is a relationship between stress and depression. Sometimes reducing stress can help. Sometimes medical solutions are necessary.

Steve Gilliland, "'Awake My Soul!' Dealing Firmly with Depression," *Ensign*, August 1978, 37. *There are things you can do to deal with many types of depression. Take control of those things and do something about your feelings.*

Sorenson, Mollie, "My Battle with Depression," *Ensign*, February 1984, 12.

Vandagriff, G. G., "Escaping My Valley of Sorrow," *Ensign*, March 2000.

Jeffrey R. Holland, "For Times of Trouble," *Liahona*, January 1982.

"Light in Darkness," *Ensign*, June 1998, 16.
Medication and Therapy can help us cope with challenging brain problems like Bipolar Disorder.

Lynn Carol Maynes, “Warning Signs,” *New Era*, April 2006, 44. *There are things parents can look for when they suspect a child has an eating disorder*

Diane L. Spangler, “The Body, a Sacred Gift,” *Ensign*, July 2005, 14
Dr. Spangler, a BYU Professor, writes about how negative feelings about our bodies can lead to despising ourselves and eating disorders. She offers scriptural helps for those who wrestle with these problems.

Janet Thomas, “Eating Disorders: A Deadly State of Mind,” *New Era*, February 1993, 36
Sister Thomas uses a letter from a young girl in England to show how eating disorders start and how they progress. She then quotes a woman doctor who runs a clinic on how others can recognize and help when they notice certain eating problems.

Harold A. Frost, “The Thinness Obsession” *Ensign*, January 1990, 71
Anorexia and bulimia have social and spiritual roots in peer pressure, pride, and addictive behavior.

Susan W. Tanner, “The Sanctity of the Body,” *Liahona*, Nov 2005, 13–15. *Sister Tanner speaks to young women in the church about modesty and not putting too much importance on physical appearance.*

“Looking Back ... I Knew My Mama Loved Me,” *Friend*, Aug 1989, 42. *A woman discusses her experiences growing up with a mentally ill mother.*

“Letting Go without Giving Up,” *Ensign*, Sep 2002, 8. *A mother discusses her experiences with loving a mentally ill son.*

“Building Unity through Family History,” *Ensign*, Sep 2001, 69. *A story of faith in the power to eventually be healed.*

Shanna Ghaznavi, “Rising above the Blues,” *New Era*, Apr. 2002. *A story about using spiritual strategies to overcome depression*

Website Resources on Mental health

- Official LDS site:
www.providentliving.org
- LDS Mental Health Resources:
www.mentalhealthlibrary.info
- National Institute for Mental Health:
www.nimh.nih.gov
- National Alliance on Mental Illness:
www.nami.org