LDS Magazine Resources on Mental Health Issues


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


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.

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.

The healing power of the atonement is available for every affliction in mortality. Christ can give us the strength to endure.

The realities of our imperfections can rob us of happiness. We ought not to let perfectionism cause depression in our lives.
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 way 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.


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.


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.


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.


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.
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*

*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.*

*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.*


“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*

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**Website Resources on Mental health**

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