

# Seeking Help

## Seek help from God

Heavenly Father has promised divine assistance so we can endure all mortal challenges. He has promised many ways His help will come. If we do not see His help in one way, it is always important to not give up. Keep seeking. He is there.

- What do you know about Heavenly Father and Jesus Christ that gives you confidence They can help with sadness and depression?

Read Jacob 2:8; Alma 26:27–28; Doctrine and Covenants 6:36; 136:29. Look for ways we can seek the Lord’s help when we are sad or depressed.

- What do these verses teach us to do when we are sad or depressed?
- What are some other ways we can seek help from Heavenly Father and Jesus Christ?

If not too personal, share an experience you have had seeking help from Heavenly Father and Jesus Christ.

## Seek help from others

President Spencer W. Kimball taught:



God does notice us, and he watches over us. But it is usually through another person that he meets our needs. (*Teachings of Presidents of the Church: Spencer W. Kimball* [2006], 82)

When we feel sad or depressed, we may feel tempted to withdraw or isolate ourselves from others. Doing this may limit our ability to see the help Heavenly Father is sending us. Reaching out to others could include talking to parents, trusted family members, or Church leaders.

List two or three things someone who is struggling could do to reach out to others or let others help them.

If not too personal, share a time when a family member or friend has helped you during times of sadness or depression.

## Seek help from professionals

One important source of help we can seek is the wisdom of trusted medical and mental health providers. Think about the earlier comparison of sadness and depression to ocean waves. When we are sad (dealing with smaller waves), we should follow the guidance of the Holy Ghost to know when to seek professional help. However, if we feel depressed or suicidal (facing large waves), seeking professional help is critical.

Read this statement by Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, looking for what Heavenly Father has provided to help us when we struggle:



Seek the advice of reputable people with certified training, professional skills, and good values. Be honest with them about your history and your struggles. Prayerfully and responsibly consider the counsel

they give and the solutions they prescribe. If you had appendicitis, God would expect you to seek a priesthood blessing *and* get the best medical care available. So too with emotional disorders. Our Father in Heaven expects us to use *all* of the marvelous gifts He has provided in this glorious dispensation. (Jeffrey R. Holland, “Like a Broken Vessel,” *Ensign* or *Liahona*, Nov. 2013, 41)

On your pamphlet, write down a part of Elder Holland’s statement that was meaningful to you.

- Why do you think it is important for someone to seek professional help for depression?