

# Counseling Services

(Limited Availability)



## Needs

Each of us deals with challenges in life. Sometimes those challenges can overwhelm us, and we need help. Such experiences may include abuse, depression, addiction, or even natural disasters.



## Description

Short-term professional counseling for missionaries, individuals, couples, and families is available through Family Services.

Pre-mission social and emotional assessments are given at no cost to future missionaries who may need additional support to be successful in the mission field. Family Services can also consult with Church leaders to help a future missionary prepare for service. Some current missionaries may receive support from Family Services counselors or other qualified professionals as approved by their mission president.



## Who is this for?

This is for anyone experiencing overwhelming social and emotional challenges, such as depression, anxiety, abuse, addiction, and so on. Missionary candidates, serving missionaries of any age, couples, single expectant mothers, family members, and other individuals may benefit from counseling.



## How it works

A Church leader must give a referral before Family Services can provide counseling. Leaders can use fast offerings to pay for services as needed. Counselors can recommend alternative treatment options when long-term care is necessary or if someone needs specialized or comprehensive care. These options can include community resources as well.

Missionaries who return home early may have up to six counseling sessions at no cost.



## Where to learn more

General social and emotional health information and support for local leaders are available at [ChurchofJesusChrist.org/get-help/mental-health](https://ChurchofJesusChrist.org/get-help/mental-health).

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## Contact:



*I testify to you that your body, mind, and spirit can be transformed, cleansed, and made whole, and you will be freed."*

—M. RUSSELL BALLARD, "O That Cunning Plan of the Evil One," *Ensign* or *Liahona*, Nov. 2010, 110