



## Berglind Guðnason

Árnessýsla, Iceland



*Berglind (left) with her sister Elín (right). When Berglind was in the deepest depression she had ever faced, she felt that she couldn't go on. By opening up about her struggles to family and friends, she has found spiritual and emotional healing through the tools Heavenly Father has provided.*

MINDY SELU, PHOTOGRAPHER

Talking about my depression with family and friends has helped so much. It also led to more help. I didn't want to take medications or go to therapy. I kept telling myself, "I have God." But God provides many other tools, like medication and therapy, for us to use in addition to spiritual things.

When I was in my worst depression, people would tell me, "It's going to get better." I would get so tired of hearing that but, as weird as it sounds, it's true.

I never thought I would be as happy as I am now. Some days I still struggle, but with the tools Heavenly Father has given me, I can handle it. Now when I feel myself slipping into depression, I tell myself I am loved, I have people to talk to, and things will get better.

### DISCOVER MORE

See more about Berglind's journey of faith, including additional photos, in the digital version of this article in the Gospel Library app or at [ChurchofJesusChrist.org/go/E4207](https://www.ChurchofJesusChrist.org/go/E4207).

If you or someone you know shows persistent signs of depression, you can find helpful resources at [mentalhealth.ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org/mentalhealth).