

INSIGHTS

from YOUNG ADULTS

*on helping those who struggle with mental health**



from CHURCH LEADERS

“Just be a listening ear and **encourage them** to get whatever help they need for their health.”

—Janka Toronyi, Győr, Hungary

“**Listen, love, and show them you are there** for them and that you understand them by sharing your own experiences.”

—Nadia Frenkel, Frankfurt, Germany

“Remind them of what they have already accomplished and that with **faith in Christ** they can face whatever comes next.”

—Andy Young, Texas, USA

“Be a friend, listen to and laugh with them, and help them understand **the Savior’s Atonement.**”

—Arjohn Harold Barillo, Metro Manila, Philippines

“Listening with love is one of the greatest gifts we can offer, and we may be able to help carry or lift the heavy clouds that suffocate our loved ones and friends so that, through our love, they can once again feel the Holy Ghost and perceive the light that emanates from Jesus Christ.”

Sister Reyna I. Aburto, Second Counselor in the Relief Society General Presidency, “Thru Cloud and Sunshine, Lord, Abide with Me!” Ensign, Nov. 2019, 58.

* Editors’ note: Mental health refers to the health and stability of our emotional and psychological state, while mental illness refers to a wide range of disorders that affect mood, thinking, and behavior. These suggestions refer to helping others through mental health issues; mental illness should be addressed with health professionals.

SHARE YOUR INSIGHTS

How do you hold on to hope and faith **when your loved ones disagree with your beliefs?**

Send us your response at [ensign.ChurchofJesusChrist.org](https://www.ensign.ChurchofJesusChrist.org) by September 30, 2020.