

# How do I get over feelings of loneliness?



*“The pain of loneliness seems to be part of the mortal experience. But the Lord in His mercy has made it so that we need never deal with the challenges of mortality alone. . . . We have been promised the constant companionship of the third member of the Godhead and hence the privilege of receiving revelation for our own lives. We are not alone!”*

**Sheri L. Dew, former counselor in the Relief Society General Presidency, “We Are Not Alone,” *Ensign*, Nov. 1998, 94; *Liahona*, Jan. 1999, 112.**

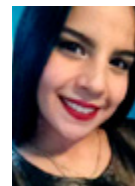


## Develop Your Talents

I get over my feelings of loneliness by developing my talents, whether it be a musical instrument, a hobby, etc.

This helps to distract you from your feeling of loneliness, and often it will go away completely. This will also lead to finding others who share your interests.

*Steven H., age 12, New Mexico, USA*



## Seek the Light

I seek the support, encouragement, and love of Heavenly Father and the Holy Ghost to give me peace,

hope, and strength when meditating, praying, and reading the scriptures. As it says in 3 Nephi 11:11, Jesus Christ is “the light and the life of the world.” He came to dispel all darkness.

*Andrea B., age 18, Zulia, Venezuela*

## Reach Out to Friends and Family

When I feel alone, I like to reach out to my friends and family; it really makes me feel happy. I look at the blessings in my life and thank Heavenly Father for how much He has already given to me!

*Talli N., age 16, Oregon, USA*



### Remember God’s Plan

Know that through God’s plan, we are everything but lonely. The Holy Ghost is always with us, and God knows what we’re struggling with. The Lord went through every trial and struggle you face. One of the most important things we feel in mortality is happiness, but we can’t have happiness without sadness (see 2 Nephi 2:11). Pray to God and ask for help; He won’t fail any of us.

*Brock S., age 17, Utah, USA*

### Trust the Lord

Leaving home to come to Brazil for my mission was hard. I hardly even spoke the language! But I’ve learned that if you have the Lord’s Spirit with you, you never feel lonely. He knows you and will always help you. Trust Him!

*Elder Joseph Tolen, age 20, Brazil Campinas Mission*

Responses may be edited for length or clarity. Published responses are intended for help and perspective, not as official pronouncements of Church doctrine.

### What Do You Think?

**“What should I do if I have repented but can’t stop thinking about what I did wrong?”**

Submit your answer and, if desired, a high-resolution photograph by November 15, 2020, at [liahona.ChurchofJesusChrist.org](http://liahona.ChurchofJesusChrist.org) (click “Submit an Article or Feedback”).



## If I’ve had mental health challenges, can I still serve a mission?

Yes. All who “have desires to serve God ... are called to the work” (Doctrine and Covenants 4:3). *Where* we serve is less important than *how* we serve. And anyone thinking of serving a mission will have their physical and mental health taken into consideration.

If you have a desire to serve a mission, talk to your bishop. He can help you begin the process of applying. Part of that process will include consulting with doctors and other professionals, as well as Church leaders and parents. These consultations are not meant to evaluate whether you’re “good enough” for the Lord but to help determine the best options for your service.

A *call* to serve can come to anyone with desires to serve. The *assignment* you receive to serve in a particular place or in a particular way can depend on many factors. People with health challenges (including mental health) have sometimes tried to withhold this information in the application process, thinking that will help them receive the assignment they want. But if you are completely honest about your medical history (including mental health), the Lord will bless you. He expects you to do all you can to improve your health. And much of the medical support you receive at home can be continued in the mission field.

For more on mental health, go to [mentalhealth.ChurchofJesusChrist.org](http://mentalhealth.ChurchofJesusChrist.org). For more on missions, including service missions, go to [ChurchofJesusChrist.org/callings/missionary](http://ChurchofJesusChrist.org/callings/missionary).