

Guiding Principles for Services to Missionaries

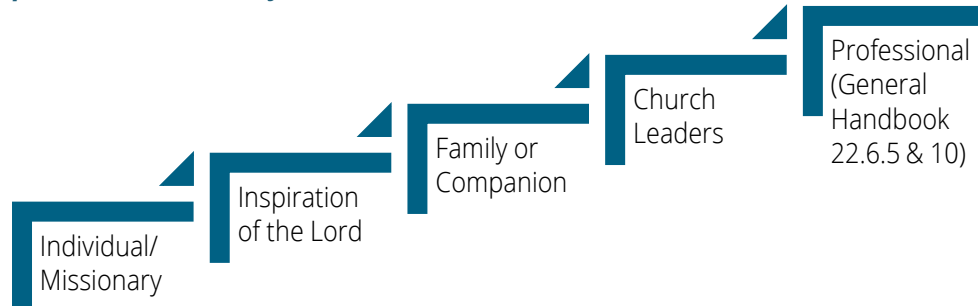
Focus on Functioning and Stability in important roles in life (work, school, family, relationships, health, calling, spirituality, etc.). If they are functioning, growing, and stable across time, it may be inappropriate to offer professional help.

Normalize, don't Pathologize. Distress is not disease: Adjustment stress is normal. Trials are a part of Heavenly Father's plan. Set realistic expectations of counseling, medication, and emotions.

Provide in the Lord's Way: Contrast providing in the Lord's way with providing in the world's way. See President Dieter F. Uchtdorf's October 2011 general priesthood address: [Providing in the Lord's Way](#).

Promote Self-Reliance: Professional services can weaken self-reliance if they do for others what others can and should do for themselves. Individuals, families, quorums, classes, wards, and stakes strengthen self-reliance by responding to adversity in sequence. Consider escalating levels of intervention in response to escalating levels of distress. Members are encouraged to seek professional help when appropriate (General Handbook 22.6.5). But professional services are not the first option.

Sequential Escalation of Intervention (General Handbook 22.1.1)



Professional Services Support Rather than Supplant Church Leaders and Families:

Providing in the Lord's way involves professional consultation with Church leaders, who support families, who then support individual members. This strengthens relationships.

Servant Leadership and Influence

