



# What should I do if I can't stop feeling sad all the time?

**By Elder Jeffrey R. Holland**

Quorum of the Twelve Apostles

*The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.*

Above all, know that your Heavenly Father loves you more than you can imagine.

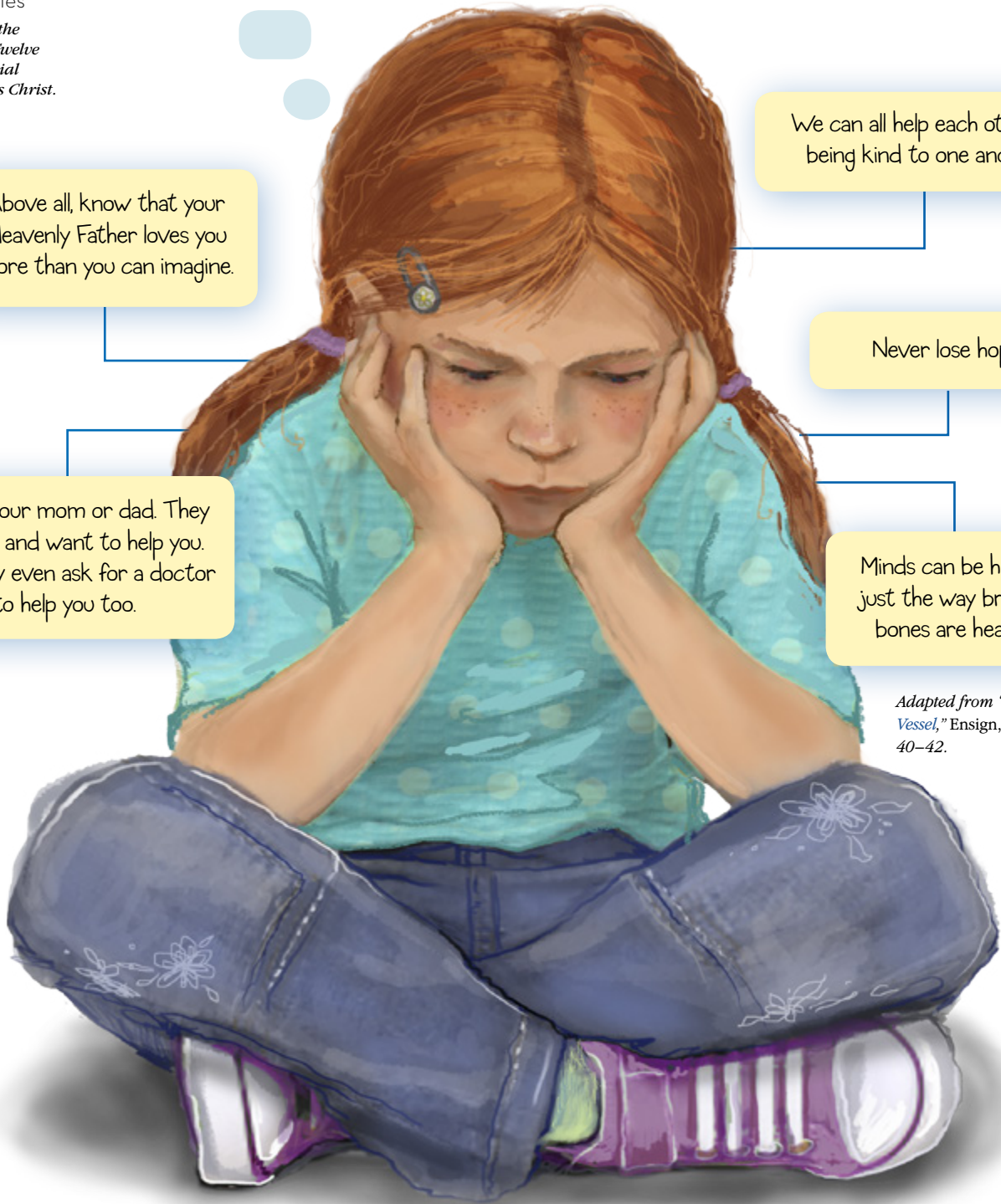
Talk to your mom or dad. They love you and want to help you. They may even ask for a doctor to help you too.

We can all help each other by being kind to one another.

Never lose hope.

Minds can be healed just the way broken bones are healed.

*Adapted from "Like a Broken Vessel," Ensign, Nov. 2013, 40-42.*



Turn to page 9 for more about Heavenly Father's love for us.