

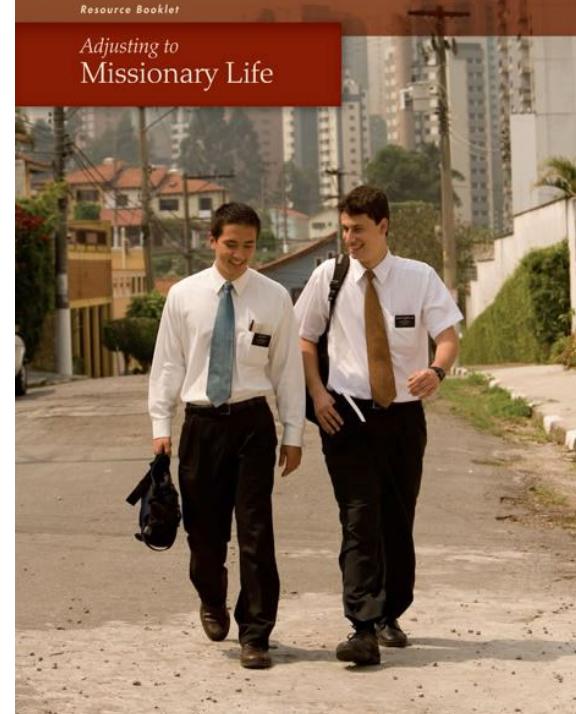
## Counseling Services



MTC Counseling Services provides counseling for missionaries experiencing feelings of stress, anxiety, depression, or other emotional health challenges.

To schedule an appointment or ask any questions, please email the clinical receptionist at [clinical\\_rec@mtc.byu.edu](mailto:clinical_rec@mtc.byu.edu)

## Additional Emotional Health Resources



*Adjusting to Missionary Life Handbook*

### Recommended General Conference Talks

- [Songs Sung and Unsung](#) - By Elder Jeffrey R. Holland
- [Like a Broken Vessel](#) - By Elder Jeffrey R. Holland
- [We Never Walk Alone](#) - By President Thomas S. Monson
- [Strengthened by the Atonement of Jesus Christ](#) - By Elder Dallin H. Oaks
- [The Master Healer](#) - By Carole M. Stephens
- [Do Not Despair](#) - By Ezra Taft Benson

## 1-Minute Videos of Hacks and Tips from MTC Counselors

- ▶ [How do I manage when my best feels like it is never enough?](#)
- ▶ [How do I stop comparing myself to other missionaries?](#)
- ▶ [What about when I feel overwhelmed with what is required?](#)
- ▶ [Why can't I focus?](#)
- ▶ [How can I manage the fatigue when sitting at a screen all day?](#)
- ▶ [How do I manage when feeling emotionally drained?](#)
- ▶ [How can I manage my negative thoughts?](#)
- ▶ [What standard can I use to know if I am working hard enough?](#)
- ▶ [How do I deal with loneliness?](#)

## Approved Emotional Health App

These apps work best in correspondence with counseling sessions.



*ACT Coach*



*CBT-i Coach*



*Mindfulness*