

Family and Personal Counseling

Church leaders (the Bishop/Branch President) may help connect you with Family Services staff to better understand the social and emotional needs and challenges to determine what resources and services are available.

<https://www.churchofjesuschrist.org/study/manual/counseling-resources>

Family Services provides short-term professional counseling for individuals, couples, and families. It is important that you consult with the Bishop/Branch President first. If you are covered by insurance, it may cover mental health counseling. Please refer to the Mental Health information.

You may need professional counseling in such areas as:

- Mental Health
- Family relations
- Courtship and marital counseling
- The problems of youth, child or spouse abuse

The Bishop may use the Welfare portal to schedule visits as he deems necessary so it is important to work with him. Community resources may be available which the families and individuals may have access as members of the community. They can be accessed directly, or Family Services can advise you or make contact for you.

Note also that some of these personal and interpersonal issues may have mental or legal ramifications which may require involvement of other appropriate specialists. For instance, one who observes child abuse is legally obligated to report the circumstance to the Division of Child and Family Services. The **24-hour Child Abuse Hot Line number is 855-323-3237**. There is also an **Adult Protection Hotline, 801-264-7620** for spouse abuse and such occurrences. (<https://hs.utah.gov/resource/adult-protective-services-2>)

Family Services provides the following:

- Clinical – family, marital and individual counseling
- Sexual disorders
- Adults molested as children
- Same sex attraction
- Priesthood leader consultation
- Services to unwed parents

Family Services also sponsors an interactive substance abuse alleviation program equivalent to Alcoholics Anonymous which is discussed under Addiction Recovery in this handbook.

Family Services does not provide the following services but will assist in locating reputable sources for:

- Drug abuse (sponsored abuse groups are available throughout the valley)
- Domestic violence involving child or spouse abuse (Family Services does provide related services to those enrolled in its Sexual Disorders/Trauma Treatment Program)
- Trouble teenagers who are acting out and need placement outside the home

Fees are individually arranged through the member's bishop based upon self-reliance principles, except that no charges are made for unwed parent services. Remember that as a general principle, within self-reliance parameters, the family or individual should pay for all services that they can reasonably afford. That is as true of counseling services as any other.