

# A Depression Thread at the Epicurean Philosophy Facebook Page

**Post by “Kalosyni” of January 30, 2022 at 11:57 AM**

Here is a really good article that everyone should read, on the importance of community and mental health, including tips on finding community:

Quote

Mental health heavily influences our quality of life. So it makes sense that mental health, just like physical health, needs to be taken care of and maintained. And one way that it can be maintained is through finding a sense of community.

Community can be defined in many ways, but when simplified down to its most important element, community is all about connection. Community is not just an entity or a group of people, it's a feeling. It's feeling connected to others, feeling accepted for who you are and feeling supported. Having [connection](#) can help us feel wanted and loved

[The Importance of Community and Mental Health | NAMI: National Alliance on Mental Illness](#)