

# **The evolving understanding of depression - a good article**

**Post by “Kalosyni” of February 23, 2023 at 3:49 PM**

Thank you @Nate for sharing. Many people who have deeper or longer depression will need the help of a therapist or psychiatrist.

And also there is important benefits for everyone, in finding supportive community and friends. Eventually I hope to have a handbook for people to start their own meetings in their own cities, as a way for people to find like-minded friends. Because friendship can be so healing.