

# Welcome Patrick!

**Post by “Don” of September 29, 2021 at 11:18 PM**

Thank you for sharing your personal history and present situation with us. That can't be easy to do on a forum.

You question whether you might be an Epicurean, but Epicurus endorsed finding the way for one to lead a pleasurable life and having health of the body and serenity of the mind. It sounds like you are striving for that.

It also sounds like you have benefited from therapy in the past, so finding a new mental health professional may serve you well in your pursuit of a pleasant life. If you're interested, here is a page with some resources and additional contacts if you're searching for a new therapist: <https://www.samhsa.gov/serious-mental-illness>

All that being said, it does sound like you are doing your best to appreciate the pleasures available to you. That's important, and something many people don't take time to appreciate.

You may be right that government benefits would allow you a little more freedom, self-sufficiency, and security. Also, qualities of a pleasurable life. Hopefully, that will work out.

Don't take your treatment solely into your own hands. Epicurus taught the importance of a supportive community but also frank speech. Don't hesitate to seek out the professional care you think you need. Philosophy can be a powerful complement but not necessarily a replacement for modern medicine and therapies. Take good care of your body and your mind with the best methods available.