

# **A Depression Thread at the Epicurean Philosophy Facebook Page**

**Post by “smoothiekiwi” of January 31, 2022 at 11:32 AM**

Yes, I agree completely. Philosophy is great for changing your mind, but sometimes its necessary to consult a psychologist. To be fair, I think that any philosopher should also be a psychologist, and every psychologist should also be a philosopher. I see the two areas as inseparably connected.