

# Asthma and Depression

You may feel sad or “down” if asthma limits your daily life. If these feelings do not go away, talk to your doctor.

## Do You Have Symptoms of Depression?

Depression affects people in many ways. Talk to your doctor if you have 5 or more of these symptoms that last for 2 or more weeks:

- Feel sad or “down”
- Do not care about things you liked before
- Eat more or eat less
- Feel tired
- Feel anxious
- Cannot think or make up your mind
- Feel like you are bad or not worth much
- Sleep too much or too little
- Think about dying or killing yourself

## Getting Help With Depression May Help You Feel Better

- Talk to your doctor about being depressed.
- Your doctor may prescribe medicines to help with your depression.
- If you take a depression medicine, make sure all your doctors know about it.
- Talk to your doctor before stopping or changing any of your medicines.

