

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

- 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.