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BLOG

Chronic Illness and Your Mood: What to Know

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Ask Yourself

- Has managing my condition worn me down?
- Do I enjoy less than I used to?
- Have I felt low for 2 weeks or more?

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Tell Your Provider

About

- Changes in mood or interest
- Every medicine and treatment you use
- Days self-care feels like too much

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What You Can Do

- Bring up your mood at your next visit
- Ask about care for mood and body together
- Thoughts of suicide? Call or text 988

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Read the full article

Chronic Illness and Depression: Why Treating Both Together Matters

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.