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BLOG

Your Heart and Your Mood: What to Know

Ask Yourself

- Has my mood changed since my diagnosis?
- Do I worry about my heart most days?
- Have heart-healthy habits slipped?

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Tell Your Provider About

- A low mood lasting 2 weeks or more
- Trouble sleeping or losing interest
- Missed doses of heart medicines

What You Can Do

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

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Read the full article

Heart Disease and Depression: How Your Heart and Mood Are Connected

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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.