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American  
Heart  
Association.

- Tearfulness
- Agitation or restlessness
- Inability to concentrate or make decisions
- Thoughts of death or suicide
- Frustration or anger

Depression can often be treated with medication. If you need help dealing with your emotions, seek out a support group, counselor or other health care professionals.

### Tips for Taking Care of Yourself

The Family Caregiver Alliance offers these tips for family caregivers.

## HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly Heart Insight e-news for heart patients and their families at [HeartInsight.org](http://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://heart.org/SupportNetwork).

### Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

Can you recommend a caregiver support group in my area?

### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease or manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](http://heart.org/AnswersByHeart) to learn more.