

Asthma Support

Where Can I Go for Help?

Managing your asthma can be a challenge. But there are many people and places you can go to for help. You don't have to feel alone. Here are some ideas to think about. Check the ones you want to try.

I will ask family members or friends to support me.

I will ask _____ to support me by _____.

I will ask _____ to support me by _____.

I will ask my healthcare provider about an asthma support group in my area. _____

I will learn more about my asthma by contacting these organizations:

**American Academy of Allergy,
Asthma & Immunology**

414-272-6071

www.aaaai.org

**Centers for Disease Control
and Prevention**

800-CDC-INFO (800-232-4636)

www.CDC.gov/asthma

**American College of Allergy,
Asthma and Immunology**

847-427-1200

www.acaai.org

**National Heart, Lung, and Blood Institute,
National Institutes of Health**

301-592-8573

www.nhlbi.nih.gov

American Lung Association®

800-LUNGUSA (800-586-4872)

www.lung.org

US Environmental Protection Agency

202-272-0167

www.epa.gov/asthma

You may also find some of these organizations on social media sites, such as Facebook.

Use the space below to write down other resources that can help you find support and stay informed:

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Talk with your healthcare provider if you have questions about any of these resources.



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