

Lyme disease and mental health

Making My Lyme Concerns and Daily Needs Clear

Adults | 10 to 15 minutes

Illness and uncertainty can affect daily life and emotional wellbeing. If you have Lyme disease or concerns about ongoing symptoms, describe what has happened without assuming every symptom has one cause. Medical evaluation and support for distress can proceed together.

Use information you actually know from your care. Separate confirmed history, current observations, and questions; do not change treatment based on this page.

Prepare a brief timeline

Note the relevant diagnosis or evaluation, treatment discussed with your clinician, and symptoms that remain or have changed. Avoid turning the page into continuous symptom surveillance.

Ask for coordinated support

Identify the daily effect that matters most and ask what assessment, symptom support, or referral is appropriate. Emotional care should not require dismissing physical symptoms.

1. What confirmed health history or prior care is relevant?**2. What current symptom or change most affects my daily life?****3. What uncertainty would I like my clinician to address?****4. What practical or emotional support would help while care continues?****Clinical use and adaptation**

Do not confirm Lyme disease, infer persistent infection, recommend testing, or advise antibiotics. Validate symptoms and support evaluation of alternative or co-occurring causes. Avoid attributing all distress to either infection or psychology; assess urgent changes appropriately.