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**Themes:** Children with Specific Health Conditions, Health and Wellbeing, Healthier Lives, Specific Health Conditions

**Aimed at:** All People

Whether you've just been diagnosed with asthma, you've just had an asthma attack, you want to support someone who has the condition, or even if you're not sure if you have asthma or not - you can find answers here.

Asthma is a condition that affects your airways - the small tubes that carry air in and out of the lungs.

The more you know about the causes, symptoms and types of asthma there are, the easier it will be to manage it well with your doctor's support. Speak to one of our helpline team on 0300 222 5800 (Monday to Friday, 9am to 5pm)

Or message us on WhatsApp

**Area:** Bassetlaw

### **Contact Details**

Supporter Care Team  
Asthma UK  
E1 8AA

0300 222 5800 (Monday to Friday)

<https://www.asthma.org.uk/>

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