

# My Stroke Guide

## Online stroke support

Stroke can change your life in an instant, but recovery is possible. As well as free access to reliable information and support 24/7, My Stroke Guide connects you to our online community and friendly forums, to find out how others manage their recovery.

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Join thousands of stroke survivors and carers.  
Visit [mystrokeguide.com](https://mystrokeguide.com) today

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For help using My Stroke Guide,  
email [mystrokeguide@stroke.org.uk](mailto:mystrokeguide@stroke.org.uk)

**Stroke**  
Association

