

Support we can offer you in Scotland

We provide a wide range of support for people like you who have been affected by stroke.

www.stroke.org.uk

Rebuilding lives after stroke

Stroke
Association



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Call our **Stroke Helpline** on **0303 3033 100** or email **helpline@stroke.org.uk**, if you have questions or need a listening ear.



Log on to **mystrokeguide.com** to find helpful information and videos, and speak to people affected by stroke on our online community.



A health professional can refer you to **Stroke Association Connect**, for a phone call after you leave hospital to connect you to ongoing support.



Our **face-to-face and online support groups** are a great place to meet people affected by stroke, to make friends and build confidence.



Our telephone support service, **Here For You**, connects you with someone who has experienced stroke and can provide an opportunity for you to talk to someone who understands.



Our dedicated **Childhood Stroke Support Service** helps families with emotional support via telephone or email, and support accessing specialist services.



Join our Facebook group **Stroke Association - Scotland Stroke Connect** to meet people and share your experiences.

For more information email:
EngagementTeamScotland@stroke.org.uk
