

Cornwall

Emotional Support Service

Transforming mental health for people affected by stroke.

Rebuilding lives after stroke

Stroke
Association



How does it work?

Our service has been developed for stroke survivors, their families and those who have had a TIA (Transient Ischaemic Attack), who live in Cornwall. We can provide you with individual counselling sessions to support you to deal with the emotional impact following your stroke.

We offer:

- A discussion about your emotional needs.
- Up to six, one-to-one counselling sessions.
- Someone to talk to who understands the life-changing impact of stroke.
- Exploration of issues such as loss, relationships, building confidence and self-esteem.
- Support to help you to adjust to life after stroke.

Contact us for more information

Phone: **01872 301 689**

Email: **cornwall@stroke.org.uk**

Visit: **stroke.org.uk/cornwall-emotional-support**

Thank you to the Elwyn Thomas Memorial Fund for making this service possible.

Other ways the Stroke Association can help and support you



Stroke Helpline: Our trained staff can support you with practical information and answer your questions about stroke.



My Stroke Guide: Our online platform connects you to others affected by stroke. It provides free access to reliable information and support 24/7.



Here For You: Our telephone support service matches you to trained volunteers, based on your shared interests. Talking things through on the phone can build confidence and help you feel more able to cope and stay connected with others.



Stroke Association Connect: Your NHS team may refer you to our service when you've been discharged from hospital. We'll assist you with any immediate concerns and connect you to ongoing support.



Stroke Support Group: You could join a local group. They are a great way to meet other people who understand what you're going through.

You may also want to visit our **website** where you'll find useful information. Sign up for our **Stroke News magazine** and **stroke support emails**. They feature the latest news, real-life stories and ways to find support or get involved with the Stroke Association.

Stroke changes lives in an instant but the brain can adapt. And so can you. We're here to support people to rebuild their lives after stroke.

We're here for you - contact us

Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: **helpline@stroke.org.uk**

Visit: **stroke.org.uk**

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