

Here for you

Volunteer telephone support

Rebuilding lives after stroke

Stroke
Association



There's 128,000 stroke survivors living in Scotland. Many will experience depression and anxiety - a major and devastating result of stroke, affecting at least one in three stroke survivors.

What is here for you?

Our telephone service connects stroke survivors and carers, to trained volunteers, to offer peer support following a stroke and to help combat feelings of isolation. The service is provided by Scottish volunteers for people affected by stroke in Scotland.

There are two types of telephone support available:

Lived experience telephone support

If you've recently suffered a stroke you may want to speak to someone who can appreciate what you are going through.

Our volunteers have experienced stroke first hand. They understand the practical and emotional challenges you face, and can offer you advice and peer support to help rebuild your life after stroke.

Connect and chat telephone support

If you have had a stroke or care for someone who has, you may be feeling more alone and isolated at the moment, unable to take part in the usual activities you enjoy.

Our volunteers provide support and offer you someone to talk to about your interests to help you feel connected with other people.

How does it work?

This service is free and available to all stroke survivors and their carers, regardless of location.

We offer:

- Trained volunteer telephone support.
- A matching service to ensure you receive the right support for you.
- A weekly 30 minute call, for up to 3 months.
- Signposting to additional support where required.

How can I access the here for you service?

You can sign-up to the service by filling out our [online form](#) or call our Stroke Helpline **0303 3033 100**.

You can follow us on:

Twitter: **@StrokeScotland**

Facebook: **StrokeAssociation – Scotland**

We're here for you

Stroke Helpline: **0303 3033 100**

Textphone: **18001 0303 3033 100**

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

Website: **stroke.org.uk/finding-support/here-for-you**

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