

# Stroke Association **Connect**

## Supporting your stroke recovery

Rebuilding lives after stroke

**Stroke**  
Association



## Support after leaving hospital

Going home after a stroke can come as a big relief. But for some people, going home feels daunting, and we want you to know that you're not alone in your recovery.

The discharge process should ensure that you get all the support you need. As part of this process, your NHS team will refer you into our Stroke Association Connect service.

## About Stroke Association Connect

Our Stroke Association Connect service provides essential information about support available to help you rebuild your life after stroke. We'll get in touch with you to see how you're getting on and talk with you about anything that may be on your mind.

We will also connect you to support that you can access in the weeks, months or even years after your stroke, so you can feel confident and reassured that you can make the best possible recovery.

## We offer:

- A call from one of our trained Stroke Association Connectors.
- A second call, 1-4 weeks later.
- Stroke information, via email or post, to support your recovery.
- Guidance on how to access other support.

## What happens next?

With your agreement, your NHS team will refer you to our service. Within a few days, one of our friendly Stroke Association Connectors will get in touch by phone. If you need any support before this point, you can contact us at any time using the details below.

**Stroke changes lives in an instant, but the brain can adapt. And so can you. We're here to support you to rebuild your life.**

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Stroke Helpline: **0303 3033 100**

Textphone: **18001 0303 3033 100**

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

Website: **stroke.org.uk**

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