

My Stroke Guide

Online stroke support

Join thousands of stroke survivors and carers.


Visit mystrokeguide.com today.

Stroke
Association



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.

My Stroke Guide is full of useful resources, including over 200 helpful videos covering range of topics including fatigue, aphasia and mobility difficulties. You'll also find information about different types of stroke, risk factors and secondary conditions, as well as guidance on how to improve health and mental wellbeing.



"I always wanted to get back to driving again. My Stroke Guide helped me do just that"

- Bill, Stroke Survivor



There's also an 'Information for family and friends' area, where you'll find information on how My Stroke Guide can help a loved one, and how those closest to a stroke survivor can support their recovery.



My Stroke Guide has been designed by stroke survivors and their carers to ensure it is accessible and in a format that really works. You can access My Stroke Guide via a desktop PC, laptop, tablet, or smartphone at any time of day, no matter where you live.

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

If you'd like to know more

Visit: mystrokeguide.com

Email: mystrokeguide@stroke.org.uk

Join thousands of stroke survivors
and carers.

Visit mystrokeguide.com today.

Every five minutes, stroke destroys lives.
We need your support to help rebuild them.

Donate or find out more at
stroke.org.uk

