

Free support we can offer you in **Scotland**

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

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

Rebuilding lives after stroke

Stroke
Association





If you have a question or need to talk, our confidential **Stroke Helpline** is here to support anyone affected by stroke including family and friends. Email: helpline@stroke.org.uk Telephone: **0303 3033 100** Visit: stroke.org.uk/finding-support/stroke-helpline



Join our **online community** and connect with thousands of people on the forum. Chatting to people who understand stroke first hand can help you feel more supported. Visit: forum.mystrokeguide.com



Our face-to-face and **online support groups** are a great place to meet people affected by stroke. Built on friendships and fun, groups are a great place to try things again, learn more about stroke and increase your confidence. Visit: stroke.org.uk/finding-support/support-groups



Here For You, a weekly phone conversation with one of our trained volunteers can help you to rebuild your life after stroke. Visit: stroke.org.uk/finding-support/here-for-you



Our dedicated **Childhood Stroke Support team** is here to support parents and families after a child's stroke. Visit: stroke.org.uk/childhood-stroke



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



We also host a timetable of interactive **online activities on Zoom** to increase confidence, learn new things and meet new people from the comfort of your own home. Visit: stroke.org.uk/online-activities-signup