

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



Here are some of the ways we can help you after stroke



Stroke Helpline

Stroke Helpline is here to support anyone affected by stroke.

Email: helpline@stroke.org.uk Telephone: 0303 3033 100

Visit: stroke.org.uk/finding-support/stroke-helpline



Our publications

We have a lot of useful publications to help your understanding of stroke, these are available in print, braille and in different languages.

Visit stroke.org.uk/our-publications



Communication Support Pack

Order an accessible pack to support people with communication difficulties.

Visit: stroke.org.uk/what-is-aphasia/communication-tools



Stroke Support Groups

Our face-to-face and online support groups are a great place to meet people affected by stroke. Visit: stroke.org.uk/finding-support/support-groups



Online community

Join our online community and connect with thousands of people on the forum.

Visit: forum.mystrokeguide.com



Weekly volunteer calls – Here For You

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



Childhood stroke

Our dedicated Childhood Stroke Support team is here to support

parents and families after a child's stroke. Visit: stroke.org.uk/childhood-stroke

Contact the Scottish Engagement Team for more information.

Email: engagementteamsotland@stroke.org.uk
