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: **engagementteamscotland@stroke.org.uk**

© Stroke Association 2023

The Stroke Association is a company limited by guarantee, registered in England and Wales (No 61274). Registered office: Stroke Association House, 240 City Road, London ECIV 2PR. Registered as a charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in the Isle of Man (No. 945) and Jersey (No. 221), and operating as a charity in Northern Ireland.