

Supporting your stroke recovery



Support after leaving hospital

Surviving a stroke is just the start of your recovery journey.
We're here so you don't have to face it alone.

The discharge process should make sure you get all the support you need. As part of this process, your NHS team will refer you to our Stroke Support Team.

What support will I receive?

You may have lots of questions. Our dedicated team can help you to find answers. 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'll also share essential information about stroke and how to access support 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 friendly Stroke Support Team.
- The offer of additional outreach calls one – four 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 weeks, one of our friendly Stroke Support Team 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.

We're here to support you throughout your stroke recovery.

Contact us

Stroke Support Helpline: **0303 3033 100**

Textphone: **18001 0303 3033 100**

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

Website: **stroke.org.uk**

Stroke
Association

Finding **strength** through **support**