

Here for you

Volunteer telephone support

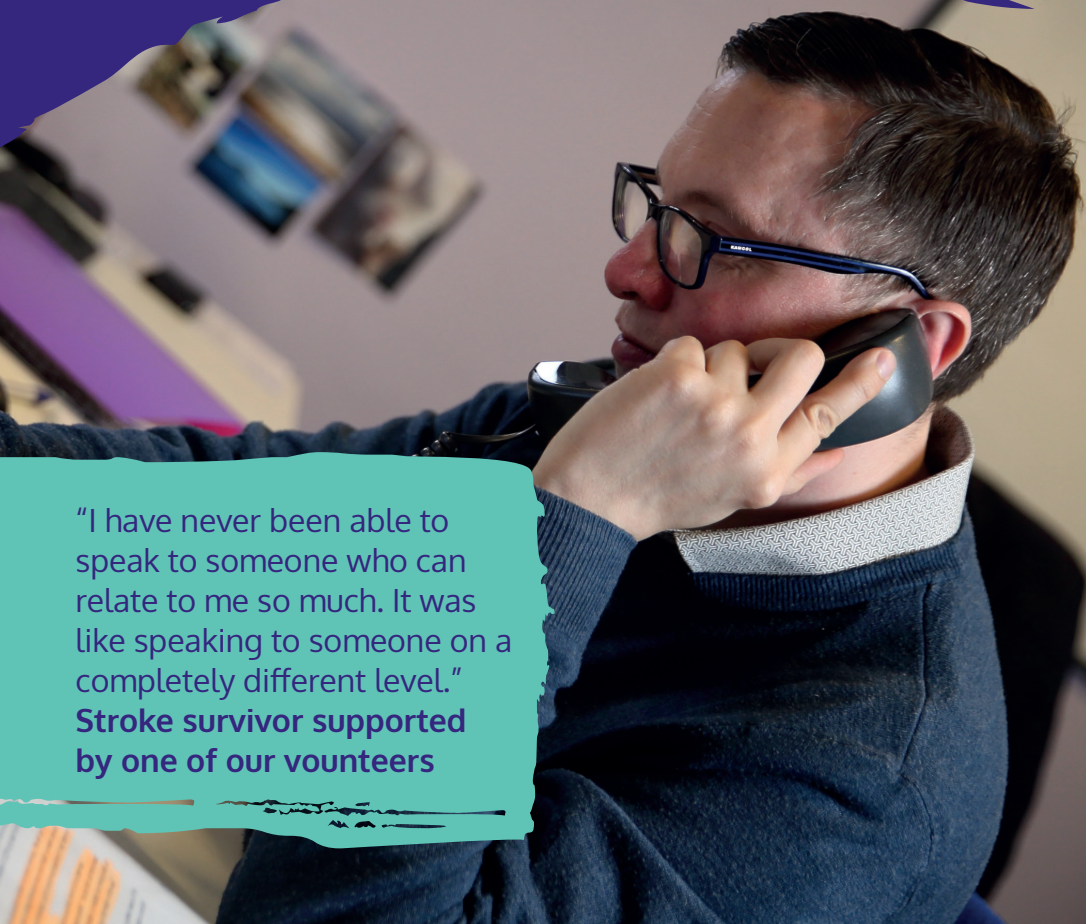
Our Here for you service connects survivors and volunteers to help combat isolation and offer peer support.

Rebuilding lives after stroke

Stroke
Association

"I have never been able to speak to someone who can relate to me so much. It was like speaking to someone on a completely different level."

Stroke survivor supported by one of our volunteers



Lived experience support

Need to talk? We're here for you.

Stroke can be a very lonely experience. But speaking to someone who's been through it themselves and can relate to you can make a big difference to your wellbeing.

If you, or someone you support, has had a stroke, and you would just like to talk to someone who understands, we can connect you with one of our lived experience volunteers. They can regularly call you on the telephone to offer a listening ear and share thoughts and experiences.

Connect and chat

Feeling lonely?
We're here for you.

If you are feeling lonely or isolated and you'd like someone to talk to in the coming weeks, we can pair you with one of our supportive volunteers who'd be happy to chat.



For more information please contact the
Stroke Helpline on **0303 3033 100**.
