A stroke changes a survivor’s life — and their loved ones’ lives — in an instant. Whether it’s in person, online or on the phone, the American Stroke Association is here to support your journey to recovery.

Stroke.org

WEBSITE
Get information to help prevent, treat and beat stroke.
stroke.org

SUPPORT GROUP
Connect with others with similar experiences, learn helpful information and help ease the depression and isolation that’s common after stroke. Use our support group finder for a list of groups near you.
stroke.org/SupportGroup

SUPPORT NETWORK
Be a part of an online community of survivors and caregivers who know what you’re going through and can help you find your footing on the path to better health.
stroke.org/SupportNetwork

STROKE FAMILY WARMLINE
Talk with our trained specialists who can provide helpful information, connect you to local services or just be a listening ear.
Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org/SpeakWithUs.

STROKE CONNECTION E-NEWS
Your trusted monthly newsletter supporting stroke survivors, their families and caregivers.
StrokeConnection.org