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 SUPPORT SERVICES**

**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