

# Cornwall Emotional Support Service

## Gonis Skoodhyans AmovyanseK Kernow

Transforming mental health for people  
affected by stroke

Treusfurvya yeghes brysel rag pobel  
tochys gans strokas

Rebuilding lives after stroke

**Stroke**  
Association



Our service has been developed for stroke survivors who live in Cornwall. We'll provide you with individual counselling sessions. We can explore with you issues such as loss, adjustment, relationships, and building confidence and self-esteem.

### **How does it work?**

One of our friendly, qualified, counsellors will get in touch with you. We know stroke is life-changing, and the emotional impact can be overwhelming. We'll talk through the challenges you're facing, and identify what support you may need to help you rebuild life after stroke. We'll work with you to help you come to terms with what's happened to you. We also offer support to loved ones and carers.

### **We offer:**

- An assessment of your emotional needs
- Six-to-ten, one-to-one counselling sessions
- Someone to talk to who understands
- The opportunity to meet other stroke survivors and share experiences
- Support to help you find ways to manage the emotional impact of stroke
- Information about stroke and local organisations that can help.

Contact us for more information

Phone: **01872 301689**

Email: **[Cornwalleemotionalsupport@stroke.org.uk](mailto:Cornwalleemotionalsupport@stroke.org.uk)**

Visit: **[stroke.org.uk/cornwall-emotional-support](https://stroke.org.uk/cornwall-emotional-support)**

Thank you to the Elwyn Thomas Memorial fund for making this service possible.

## Other ways the Stroke Association can help and support you



**Stroke Helpline:** Our trained staff can support you with practical information and answer your questions about stroke.



**My Stroke Guide:** Our online platform connects you to others affected by stroke. It provides free access to reliable information and support 24/7.



**Here For You:** Our telephone support service matches you to trained volunteers, based on your shared interests. Talking things through on the phone can build confidence and help you feel more able to cope and stay connected with others.



**Stroke Association Connect:** Your NHS team may refer you to our service when you've been discharged from hospital. We'll assist you with any immediate concerns and connect you to ongoing support.



**Stroke Support Group:** You could join a local group. They are a great way to meet other people who understand what you're going through.

You may also want to visit our **website** where you'll find useful information. You can follow us on **Facebook**, **Twitter** and **Instagram**. Sign up for our Stroke News magazine and **stroke support emails**. They feature the latest news, real-life stories and ways to find support or get involved with the Stroke Association.

Stroke changes lives in an instant but the brain can adapt. And so can you. We're here to support people to rebuild their lives after stroke.

## We're here for you - contact us

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Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

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

Visit: **stroke.org.uk**

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