My Stroke Guide
Online stroke support

Stroke can change your life in an instant. Whether it’s happened to you or someone close to you, My Stroke Guide can connect you with others through our online community and help with:

- advice
- information
- videos
- support

“A tool like My Stroke Guide is a great way to put stroke survivors in control.”

Stroke survivor
My Stroke Guide has been designed by stroke survivors and their carers to ensure it is accessible and in a format that really works.

It is full of useful resources which you can access via a desktop PC, a laptop, tablet or smartphone at any time of day, no matter where you live in the UK.

If you don’t feel confident with technology or need help getting started, email mystrokeguide@stroke.org.uk.

Join hundreds of stroke survivors and carers. Log on to mystrokeguide.com today!