How do I find a stroke support group?

Support groups enable you to interact with other stroke survivors who know what you are going through. They are also a good place to exchange information on how to deal with many of the problems that are common after a stroke. Support groups can help your mental recovery by providing someone with whom you can share your story and your frustrations. Participating in a support group also gives you a chance to get out of the house and can encourage you to try new things. Stroke support groups are a good place to find out about products that can help your recovery or make daily tasks easier. Meeting other survivors who have made a successful transition to fulfilling, active lives after a stroke can also give you hope early on in the recovery process.

To find a stroke support group in your area, try the online support group search from the American Stroke Association (www.strokeassociation.org/strokegroup) or the National Stroke Association (nsa.networkats.com/members_online/members/supportgroup.asp). See our resources section below for links to more online stroke support groups.

Links to Social Support Resources

American Heart Association – stroke survivor discussion boards
my.americanheart.org/jiveforum/category.jspa?categoryID=16
my.americanheart.org/jiveforum/forum.jspa?forumID=40

Young Stroked But Able – online stroke discussion group
groups.msn.com/Youngstrokedbutable

The Stroke Network – online support group
www.strokenetwork.org

Generation S – online discussion board focused on young stroke survivors
www.orgsites.com/pa/generation-s

American Stroke Association – how to start and maintain a successful stroke support group
www.strokeassociation.org/presenter.jhtml?identifier=3022731

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