



Benefits of Emotional Support

Our range of services aims to:

- Provide a context for your experience and opportunities for you to talk about it
- Identify if you are struggling with anxiety and/or depression and what support you can harness
- Offer opportunities to practise mindfulness to help with your recovery
- Provide access to stroke-specialist counsellors who can visit you at home



To find out more, contact:

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Registered Charity No. 287554

*Services to help you
rebuild your life after stroke*


supporting and rebuilding lives in your area

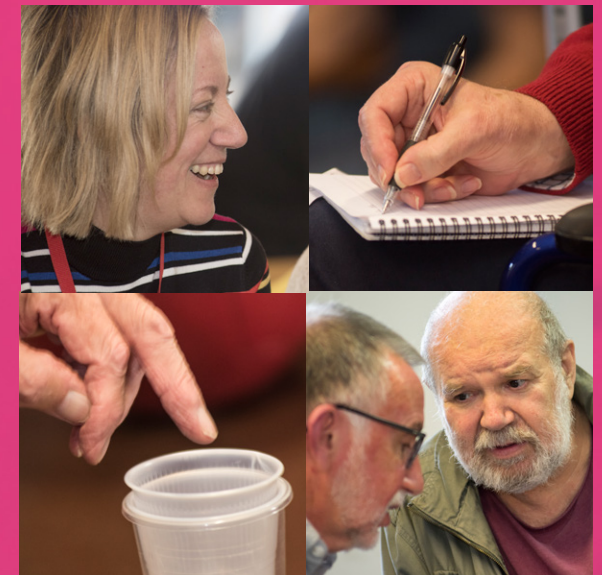
Emotional support services

Stroke Support Coordinator Visits

ACTion After Stroke

Mindfulness Sessions

Counselling



Services to help you rebuild your life after stroke

Emotional support services

Many stroke affected people and their carers can find it hard to adjust to life afterwards.

Our emotional support services are designed to help. The support comes in a variety of ways to meet different needs, not least through our groups where you can meet others who have gone through similar experiences and talk in a supportive environment.

ACTion After Stroke Course

This four-week course is based on Acceptance and Commitment Therapy and is designed to develop a sense of mindfulness and help people adjust to the life changes they face. This service is available for carers as well.



One-to-one support

Counselling Service

After stroke, many people experience loss of confidence, low mood, anxiety and depression. Carers can experience anxiety or depression following the shift in responsibilities.

Counselling offers a chance to talk in confidence with a specialist counsellor, to help you adjust to (or overcome) issues causing emotional pain and distress. It may help you understand yourself and your situation better. It is not about giving advice.

Talking about difficult experiences is not for everyone as you may sometimes feel worse before starting to feel better. It requires commitment and regularly putting aside time.

Coming to terms with the effects of a stroke is akin to the grieving process – acknowledging the loss of your old life or, for carers, the loss of how your partner 'used to be'.



Practicalities of receiving counselling

- Counselling normally takes place in your home, provided there is an appropriate private space
- There may be a waiting list
- The suggested donation is £5.00 per session, considerably less than seeing someone privately
- We offer up to six sessions which are delivered weekly. Some people take less than this, whilst others can need more