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Selfhelp4stroke is a free self management website for anyone who has had a stroke.

Selfhelp4stroke can help you gain control of life after your stroke by helping you set goals and supporting you to achieve them.

Selfhelp4stroke has been developed by stroke healthcare professionals and people who have had a stroke in Scotland.



Animations and film clips explain things in detail and you are able to download the many resources available.

Go ahead and help yourself to selfhelp4stroke



www.SelfHelp4Stroke.org

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