

What to expect from psychology?

There are a range of therapies that could be offered to help you to understand and cope with the emotional impact of stroke.

A plan would be agreed between you and your therapist based upon your hopes and goals. You will usually agree a number of sessions together, before reviewing your progress.

If you have any queries, please do not hesitate to contact the Clinical Psychology Department.

Useful Contacts:

- **Stroke Association** - A charity that supports people after stroke.
Website - <https://www.stroke.org.uk/>
Stroke Helpline - 0303 3033 100
- **Different Strokes** – A charity that helps younger stroke survivors to reclaim their lives through active peer support and independent recovery.
Website - <https://differentstrokes.co.uk/>
Information Service 0345 1307 172

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Psychological Support after Stroke

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in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Stroke

Having a stroke can be a shocking and difficult experience. It can impact on different things like walking, talking, eating, drinking and moving. It can also have more “hidden” effects on thinking, planning, memory, solving problems, relationships and emotions.

People often spend weeks to months in hospital recovering and in some cases working in rehabilitation sessions.

Emotional impact of stroke

Understandably, the demands of recovering from a stroke and living with these changes may impact upon how you feel.

It's common to feel angry, anxious, embarrassed, guilty, low and stressed. There is no right or wrong way to feel and these emotions may come and go. Often these feelings will get better over time or you will feel more able to manage them.

Common concerns

Common concerns reported by people after stroke include:

- Uncertainty about daily life, or future health and treatment.
- Worries about having another stroke.
- Embarrassment/frustration over physical, cognitive and emotional changes.
- Coping with fatigue, or cognitive problems.
- Concerns about relationships and physical intimacy.
- Flashbacks to hospital treatment or the stroke.
- Worries about the impact on family.
- Changes in role, for example, within the family.

Accessing support

Support for managing the emotional impact of stroke is available.

If you feel that the emotional impact of stroke is beginning to interfere with your daily life, or rehabilitation, you can discuss this with your nurse, therapists or doctor. They can provide you with emotional support.

Inpatient support while on the Stroke Unit

If the team feel that further support would be helpful, and you would like help managing these emotions, they may suggest a referral to Clinical Psychology.

Outpatient support

Your healthcare professional may discuss the options that are available in your area.

This might include local support groups, counselling services or psychological therapy.

As an outpatient, psychological therapy for support after stroke is available at St Helens Hospital if you meet criteria for the service.

What to expect from psychology?

The psychologist will talk to you about how you have been feeling and help you to think about what has happened to you.

You are likely to be offered an assessment session in which you will be asked about your experience of stroke, your current difficulties and the impact that this has had on your life.

Inpatient sessions take place on the Stroke Unit.

Outpatient sessions take place at St Helens Hospital.