

## Stroke Unit Patient Information



The Information Standard

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# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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## Emotional Support for Stroke Patients

### Introduction

This leaflet is for patients who require emotional support at diagnosis, during treatment or after treatment has finished.

### Emotional Support for Ward Patients

This service is available to all ward patients who feel distressed following a stroke. Please ask one of your ward nurses or therapists for a referral to the counsellor. The counsellor is in professional training and is a member of the British Association of Counselling and Psychotherapy (BACP) and therefore practises within the BACP code of ethics, a copy of which can be provided.

Services include;

- Individual 'problem-solving' session/s (1-2 sessions)
- Individual counselling sessions (6-8 sessions)
- Signposting to community services, e.g. local mental health services.

### Psychological Support for Stroke Patients and their Families in the Community

#### Online Support:

[www.facebook.com/Dorsethealthcoaching](https://www.facebook.com/Dorsethealthcoaching)

This Facebook page has been designed by the DCH Psychological Support Team. The aim is to provide accessible psychological support and resources for all people living with long-term medical conditions and their families.

**Please bear in mind that you will be disclosing your personal details if you post on the site.**

[www.myhealthdorset.org.uk](http://www.myhealthdorset.org.uk)

This is a support service for people living in Dorset whose lives are affected by a long term medical condition. It provides non-clinical general support from specially trained health coaches who can help you to take control of, and manage your condition.

## **Improving Access to Psychological Therapies (IAPT)**

This is a local mental health service that provides low and high intensity psychological therapy for people with mild to moderate psychological problems, for example, anxiety and depression. The local providers are as follows:

West Dorset: 01305 367051

North Dorset: 01258 474520

Weymouth & Portland: 01305 761501

East Dorset (Wimborne, Purbeck & Christchurch): 01202 843400

Bournemouth & Poole: 01202 633583