

# Have you or a loved one experienced a stroke?

*Access to a variety of stroke resources is right at your fingertips!*

If you or a loved one has had a stroke, the South East Healthline provides a variety of stroke resources to help people who have survived a stroke, as well as their families and caregivers.

This valuable information will also help connect you to community resources aimed at supporting recovery.

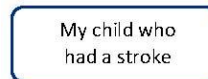
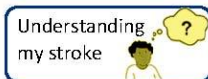
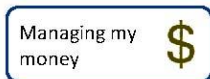
Visit [www.SouthEastHealthline.ca](http://www.SouthEastHealthline.ca) and look for the icon located at the bottom of each landing page:

A yellow and blue graphic with the text "STROKE RESOURCES" in blue capital letters.

You can also access stroke resources on the right-hand side of the main website landing page by clicking on 'Reources by Topic' icon:

A blue graphic with the text "RESOURCES BY TOPIC" in white and blue, and a blue gear icon with circuit lines.

This will bring you to a page that lists the following topics related to stroke. Select a topic by clicking on any of the pictures to learn more:



**Need more info?** Call 310-2222 (no area code required) to speak to a Home and Community Care team member who can also help you to access supports and services.

[www.StrokeNetworkSEO.ca](http://www.StrokeNetworkSEO.ca)

STROKE NETWORK  
of Southeastern Ontario