



Fighting Heart Disease & Stroke

ACTivate Your Life



A programme to support the emotional wellbeing and recovery of people and family members affected by stroke or heart disease.

A stroke or heart condition is a serious life event that affects each individual and family differently. It is normal to feel many different and often difficult emotions such as worry, sadness and anger. The **ACTivate Your Life** programme was designed by a clinical psychologist to help people understand the impact of a stroke or heart condition on their mental health and to develop skills to manage distress.

Who is this programme for?

The programme is for people and family members affected by stroke or heart disease. Some people may be concerned they may have difficulty in participating in the programme. If so, please talk to us and we will do our best to support you. The programme may not be suitable for people whose health problem is very new.

How much: Free of charge

How long: The programme takes place several times a year, over 8 weeks, and is delivered online and in-person.

For more information please visit **croi.ie/activate** or contact us on **091 544310** or by email at **healthteam@croi.ie** to find out if this programme is right for you.



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