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'Unwind' (Pain and Stress Management)

Melrose

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DH1 1DS

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Online discussion list

Yahoo! Groups hosts over 40 groups classified under 'stress management' – see http://dir.groups.yahoo.com/dir/Health_Wellness/Stress_Management.

Online newsgroup

Name of newsgroup: alt.support.anxiety-panic

To view the Web archive of messages, go to <http://groups.google.com/> and enter the following: alt.support.anxiety-panic

Suggested summary documents

The American Psychological Association has produced a set of documents collected under the title 'Focus on Stress'. Specific titles include 'How does stress affect us?', 'Stress in the workplace' and the 'Road to burnout'. They can be found at <http://helping.apa.org/work/>.

Northumberland Mental Health Trust has produced a range of free online self-help guides. They can be viewed at: <http://www.northumberland-haz.org.uk/selfhelp/default.htm>.

Relax4free <http://www.relax4free.co.uk/index.htm> is a site provided by Stress Control UK 'dedicated to combating the effects of stress and anxiety'.

Stroke

Support group

Stroke Association

123–127 Whitecross Street

London

EC1Y 8JJ

Tel: 0845 3033 100

Fax: 020 7490 2686

E-mail: stroke@stroke.org.uk

Web page: [<http://www.stroke.org.uk/>](http://www.stroke.org.uk/)

Online discussion list

Name of list: **strokesurvivors**

An online international stroke support group.

To join this discussion list send the following message:

To: strokesurvivors-subscribe@yahoogroups.com

Text: leave blank

Web archive of messages: for members only.

More information available at: [<http://groups.yahoo.com/group/strokesurvivors>](http://groups.yahoo.com/group/strokesurvivors) and [<http://strokesurvivors.org>](http://strokesurvivors.org)

Online newsgroup

There is not a group specifically about stroke, but it has been discussed in various groups, in particular [<news://alt.support.disorders.neurological>](news://alt.support.disorders.neurological).

To view the Web archive of messages, go to [<http://groups.google.com/>](http://groups.google.com/) and enter the following: alt.support.disorders.neurological

Suggested summary documents

The US National Institute of Neurological Disorders and Stroke has produced a detailed online guide called 'Stroke: hope through research'. Particular attention is given to risk factors. It can be found at:

[<http://www.ninds.nih.gov/health_and_medical/pubs/stroke_hope_through_research.htm>](http://www.ninds.nih.gov/health_and_medical/pubs/stroke_hope_through_research.htm).

BBC Health hosts a stroke guide Web site at:

[<http://www.bbc.co.uk/health/stroke/>](http://www.bbc.co.uk/health/stroke/). Topics covered include causes, symptoms, treatment, rehabilitation and prevention.

Different Strokes [<http://www.differentstrokes.co.uk/>](http://www.differentstrokes.co.uk/) is a UK charity set up 'by younger stroke survivors for younger stroke survivors, for the purposes of active self-help and mutual support'.