

HEADS: UP Online

Helping Ease Anxiety and Depression after Stroke



We are looking for people who have had a stroke to take part in research.

Interested in taking part in an online research study about mindfulness following stroke? We are carrying out research to find out how to help stroke survivors learn mindfulness. The research has been approved by Glasgow Caledonian University School of Health and Life Sciences Research Ethics Committee.

HEADS: UP is a 9-week Mindfulness course, delivered online, for people affected by stroke. It teaches people to self-manage symptoms of anxiety and depression. Learning how to be 'mindful' can help people cope when they feel anxious or depressed.

For all participants taking part involves filling out questionnaires (we can help if needed). We will also ask you to take part in two focus groups or interviews. **Some participants** may also be asked to attend a nine-week online mindfulness course, HEADS: UP, led by an experienced mindfulness trainer.

To take part you should be able to get online using an internet-enabled device such as a laptop, desktop computer or a tablet. **Family members or friends are also welcome.**

Where? - Online

When? - Starting October 2021



If you are interested in finding out more, please contact:

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Website: use the QR code on the right to visit our website (<https://bit.ly/3vu4bHN>)



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