

Have you had a stroke between the ages of 18–45?

You're invited to join our study



Talking Heads Study

For young adults rebuilding life after stroke

What is Talking Heads?

A **co-designed** online support package. Created *with* young stroke survivors, *for* young stroke survivors.

Young stroke survivors can have **hidden challenges**. These include:

- **fatigue, brain fog**, feeling **overwhelmed, grief and loss**, and changes to **relationships**.

This package gives information and tips about these challenges.



Short videos



Online information sessions



Podcasts



Tip sheets

What is involved?

- Explore the Talking Heads package
- Complete online **questionnaires**
- Share your **feedback** so we can improve the program
- **We can help** if you have difficulty with reading, language, or technology

Who can take part?

- ✓ Had a **stroke** aged **18–45**
- ✓ **1 month to 10 years** since your stroke
- ✓ Living in **Australia**
- ✓ Access to an **internet-capable device**
- ✓ Want support with hidden challenges



Family members, partners or friends can also participate

Why take part?

- Access clear and practical information
- Help improve support for young stroke survivors



Want to sign up?

Do you have questions?



Email: talkingheads@latrobe.edu.au



Call: 03 9479 1679

