



American Stroke Association.
A division of the American Heart Association.

Together to End Stroke®

Post-Stroke Depression Discussion Guide

Many people get depressed after having a stroke. Depression can result from a biochemical change in the brain due to stroke or an emotional reaction to one. If left untreated, it can affect quality of life and make post-stroke recovery difficult. Post-stroke depression often goes undiagnosed, so it's important for you and/or your caregiver to talk with your health care professional to:



Identify and understand post-stroke depression.



Determine a treatment plan.



Recognize its impact on your daily activities.

Be sure to ask your health care professional questions such as:

1. What is post-stroke depression?
2. What symptoms may suggest I'm experiencing post-stroke depression?
3. What are the different types of depression?
4. What strategies can help with my post-stroke depression?
5. What are treatment options for post-stroke depression?

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