

# Migraine means much more than 'just a headache'.

Join us to change the perception  
this Migraine Awareness Week  
22-28 September 2025

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## Migraine means...

“ Always having to be prepared for the next attack and having to take control of your own health. For me, a 'migraine kit' that I take with me is essential - it includes my medication, water, migraine glasses to manage light sensitivity, and a migraine gel cooling cap. ”

– Roxanne

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**Learn more about  
migraine and  
get support**

migrainetrust.org  
Helpline: 0808 802 0066



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“ *Being forced into survival mode.  
It is brutal, relentless, and soul  
destroying - you have to turn  
into someone who is completely  
unbreakable.* ”

– Sean

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