

**Letter to the editor template**

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| **How you can use this letter**  Too many people are unaware of what migraine is, the impact it has on people’s lives, and the struggles that people with migraine face when seeking healthcare.  A letter to your local newspaper is an effective way of raising awareness and increasing understanding of migraine in your local area.   Here is a template letter that you can use to do just that.  **How to contact them**  You can send your letter as an email or by post. The contact details will be available on your local newspaper’s website and in the print edition of the newspaper. It can be sent to the main email or postal address, but should be addressed to the editor.   We’d love to know if the letter is published. You can email us at [press@migrainetrust.org](mailto:press@migrainetrust.org) or post a copy to us at The Migraine Trust, 4th Floor Mitre House, 44-46 Fleet Street, London EC4Y 1BN. |

**Template**

[Your full address]

[Date]

Dear editor,

Migraine is a severe and painful long-term health condition that one in seven people live with. That’s ten million people in the UK alone.   
  
I am one of them. [Add line about your migraine and the impact it has had on your life]  
  
[New research](https://migrainetrust.org/wp-content/uploads/2021/09/Dismissed-for-too-long_Recommendations-to-improve-migraine-care-in-the-UK.pdf) by the UK’s leading migraine charity The Migraine Trust has found that there are low levels of awareness amongst the public of what migraine is, so I ask your readers to take a few minutes to read my letter.

People with the condition have migraine attacks which usually last for between four hours and three days. Symptoms of these can include head pain, problems with your sight such as seeing flashing lights, being very sensitive to light, sounds and smells, fatigue, feeling sick and being sick. Different people get different symptoms.   
  
When you have a migraine attack, you may not be able to function normally. This has very serious consequences for many parts of a person’s life, from their working to family life.  
  
A new survey by The Migraine Trust has found that a third of people with migraine said that it negatively affected their mental health, while over a quarter said that their migraine negatively affected their working life.

This is made harder by widespread lack of awareness of what migraine is. It is therefore crucial that there is increased understanding of migraine. Thank you for taking the time to do just that by reading this letter.   
  
And if you do have any of these symptoms and think that you have migraine, please speak to your GP about it, as the sooner you are diagnosed, the sooner you can be treated and helped. I would also recommend you seek help from The Migraine Trust, it has a helpline (0808 802 0066) and its website (migrainetrust.org) has a range of useful information on living with and managing migraine.

Yours sincerely,

[Your name]