

# 1 in 7 people live with migraine

**Migraine is more than just a headache. Misunderstanding about what it is can have a significant impact on jobs, relationships and mental health.**



Join the campaign this  
**#MigraineAwarenessWeek**

**24-30 September**

We believe people with migraine deserve better.

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If you have questions or need support,  
The Migraine Trust are here for you. No one with  
migraine should have to cope alone.

**0808 802 0066**

**[migrainetrust.org](https://migrainetrust.org)**

The Migraine Trust,  
7-14 Great Dover Street, London SE1 4YR

The Migraine Trust Helpline: **0808 802 0066**  
(Mon-Fri, 10am-4pm)

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the  
**migraine**  
trust