

Migraine in the workplace

Thank you for signing The Migraine Trust's workplace pledge!

As a next step, it's important to communicate to your employees about the pledge and what it means for them, review the actions we have set out and start making changes.

In this guide, we've outlined some of the ways that you can share information about migraine within your organisation, as well as some suggestions for how everyone can get involved in increasing migraine awareness at work.

1 in 7 people live with migraine and it is most common among adults of working age. It can impact working life, but this can be significantly reduced if people with migraine are supported at work.

The Migraine Trust's recent research shows the impact of migraine in the workplace:

- an alarming 34% of people living with migraine have felt discriminated against at work
- almost half (43%) of people with migraine reported that their workplace did not believe them when they had to take sick leave due to a migraine attack
- over half of people surveyed (56%) say their workplace hasn't made reasonable adjustments to help them manage migraine attacks at work

People with migraine often need very little help from their employer, but this small amount of support can enable them to work effectively with migraine.

Information to share in newsletters and employee updates

We're proud to have signed The Migraine Trust's workplace pledge. By signing the pledge, we are committing to raising awareness of migraine in the workplace and supporting staff with the condition.

About migraine:

Migraine is a severe and painful long-term health condition. People who live with migraine have migraine attacks, which can be a whole-body experience.

Common symptoms of an attack can include:

- head pain,
- problems with 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 someone has a migraine attack, they may not be able to function normally.

Migraine symptoms can vary and keeping your manager informed about this can help us to understand how we can provide appropriate support and reasonable adjustments. You can download the Migraine Trusts' 'Managing Migraine in the Workplace' toolkit, for suggestions on how to have these conversations at work.

Get your organisation involved in raising awareness of migraine

Everyone in the organisation has a part to play in helping to raise awareness of migraine in the workplace! Below are some actions you can take, whether you live with migraine yourself, work with a colleague who does, or are a manager or senior leader:

- If you have migraine
 - Consider sharing with colleagues how migraine impacts you at work - by sharing your experience, you will be helping to raise awareness of migraine and helping others feel less alone.
 - [Check out The Migraine Trust's resources](#) on managing migraine at work, including the Migraine in the Workplace toolkit.
- If you work with someone who has migraine
 - Take some time to [find out more about migraine](#), it's impact and how you can best support colleagues with migraine.
- If you're a manager or senior leader
 - Let your teams know that we have signed up to [The Migraine Trust's Workplace Pledge](#) to demonstrate our commitment to improving migraine awareness and support in our workplace.
 - Contact The Migraine Trust to arrange a workplace information talk.
 - Consider becoming a [corporate partner](#).

WE'VE SIGNED



the
migraine
trust

**WORKPLACE
PLEDGE**