

General election 2024

People with migraine deserve better



the
migraine
trust

One in seven people in the UK live with migraine – that's around 10 million, or roughly **10,000 people per UK parliamentary constituency**.

Migraine can come with debilitating effects such as pain, nausea and visual disturbances, and can **hit people's daily activity, their ability to work and socialise, and their mental health**. Despite all this, migraine is still **often written off as 'just a headache'**, and stigmatised and neglected by local health systems and workplaces.

The Migraine Trust is calling for all politicians to take migraine seriously and understand it as a debilitating neurological condition. Use your voice to help us call for change.

We want to see:

1. Recognition of migraine as a serious, complex and long-term health condition with Government policies around NHS planning, wellbeing and work that reflect the needs of people living with migraine and the challenges they face



2. Investment in the health workforce so that there are enough professionals with the right resources. This includes recruiting more headache specialists and giving GPs and community pharmacists the tools they need to manage migraine in the community



3. Consistent and equal access to life-changing calcitonin gene-related peptide monoclonal antibodies (CGRP) medications for those who are eligible for them



4. Promotion of migraine awareness in workplaces and reasonable adjustments from employers





About The Migraine Trust


The Migraine Trust is dedicated to helping people affected by migraine. We are the only UK migraine charity providing information and support, campaigning for awareness and change, and funding and promoting research.

Visit our website to subscribe to email updates and news, access migraine information and to learn more about The Migraine Trust including our support services, research and events.

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