



# Migraine support services

*"I have suffered from migraine since childhood, which have been linked to stress, hormones and dietary triggers alike. For a long time I didn't even realise they were migraine until diagnosed by a neurologist. The Migraine Trust for me has not only been an amazing source of information, but have also provided me with invaluable advice. A fantastic service that I cannot do without!"*

**Louise**

the  
**migraine**  
trust

# Our support services

The Migraine Trust is dedicated to helping people affected by migraine. Migraine can affect life in many ways, from family to working life. Treatment options and the healthcare system can be hard to navigate.

Every year over two million people visit our website and thousands contact our helplines.

We provide evidence-based information about migraine symptoms, triggers, accessing healthcare, treatments and research. We provide guidance and support on living with migraine and managing it at work and in education.

The Migraine Trust Helpline offers free, confidential information and support for everyone affected by migraine. Whether you've already been diagnosed with migraine or concerned about new or changing migraine issues, including treatment and management, or if you're just looking for a supportive ear, we are here for you.

The Migraine Trust can be contacted on **0808 802 0066** (Monday to Friday, 10am to 4pm) or through our contact form and Live chat service found on our website at **migrainetrust.org** or by emailing **info@migrainetrust.org**.

You can also contact us 24/7 via our online contact form. We aim to respond to all online and email contacts within five working days.

Our helpline team are unable to provide medical or legal advice.



## Online information

Our website offers a range of resources and information to help you manage migraine, understand your rights to diagnosis, treatment and benefits, and support you to access services and make informed decisions.

There are toolkits to help children with migraine get the support they need in school, aimed at parents, carers, teachers and health professionals, and to help students and staff in further and higher education. Other toolkits focus on managing migraine in the workplace and understanding your employment rights and what welfare benefits you may be entitled to. There is also a toolkit to help UK parliamentarians support constituents with migraine and strengthen migraine care locally. We also have a monthly headache diary to record migraine attacks. This is useful in diagnosis and can help you recognise triggers and warning signs and check how medication is working.

You can join us online through Twitter, Facebook, YouTube, Instagram and LinkedIn and sign up to our regular e-bulletin for the latest news and information, including opportunities to take part in clinical and academic research.

## Events

We run public information and support events throughout the year on a variety of topics, including understanding migraine, treatment options and the latest research. These Managing Your Migraine events are held both face to face and online, with details published on our website and social media channels.

These free events cover topics based on feedback from people with migraine. They are a chance to learn more about the condition and how to manage it from experts like neurologists, GPs and nurses. You can also connect with the migraine community, including members of our team and other people affected by migraine. You can watch previous online events on our YouTube channel [youtube.com/c/migrainetrust](https://www.youtube.com/c/migrainetrust).



## How can we help you?

We're here for you if you have any questions or concerns around migraine.

The Migraine Trust can be contacted on **0808 802 0066** (Monday to Friday, 10am to 4pm) or through our contact form and Live chat service found on our website at [migrainetrust.org](https://migrainetrust.org) or by emailing [info@migrainetrust.org](mailto:info@migrainetrust.org).

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