

Resources for people with migraines

Support groups

Being part of a group with other people who also have migraines, either online or in person, can help you **talk about your experiences and share tips** on how to cope with migraines.



Educational materials

Materials (like this one and many more) have information about migraines: **what they feel like, what causes them, and how to treat them.** These can **help you tell your caregivers, family, friends, and coworkers** about your migraines.

Talk to your pharmacist or doctor

Health care professionals provide **advice that fits your personal symptoms** and medical history so you can find the best way to treat your migraines.



Check out these migraine organizations to access more resources

Alliance for Headache Disorders

Advocacy: Works to speak up for people with headaches, regarding policies, laws, and rules made by national and local governments.

allianceforheadacheadvocacy.org

American Migraine Foundation:

Focuses on increasing research and awareness of migraine and helps you find a headache specialist in your area.

americanmigrainefoundation.org

Coalition for Headache and Migraine

Patients: Online community for people with migraine.

headachemigraine.org

Migraine Again: Online community for people with migraine.

migraineagain.com

Miles for Migraine: Advocacy group that raises money and awareness for migraine research.

milesformigraine.org

National Headache Foundation:

Focuses on increasing awareness, advocating, educating, and supporting research on headaches.

headaches.org



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