

6 WAYS TO:

SUPPORT A LOVED ONE WHO LIVES WITH MIGRAINE



ACTIONS SPEAK LOUDER THAN WORDS

Not all migraine attacks are the same, there will be days where we can still push ourselves to carry out daily tasks but there are days where something as simple as getting a glass of water or even getting out of bed is too much.



BE UNDERSTANDING

Take their symptoms seriously, and let them know you're there to help. Emotional support can make a world of difference.



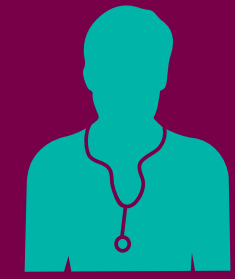
LEARN

All about their migraine - type, medication plan, triggers, symptoms. The importance of correct migraine language.



LESS DOUBT

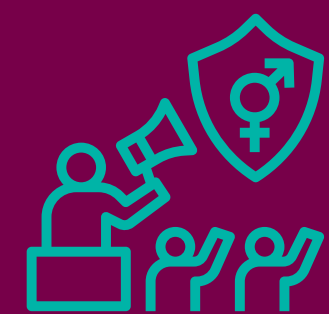
We don't need you to totally understand us, but don't doubt us when we talk about the symptoms. "It can't be that bad" or "Again?", "You look fine".



SUPPORT THEM

Go with them to the doctor. They might appreciate you joining them to hold hands during injections or attend medical appointments.

Ask professionals questions about the symptoms and medications that concern you.



ADVOCATE

For your loved one, all those who live with migraine and help support them in to changing the stigma around migraine. Speak up.