

# 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](http://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](http://americanmigrainefoundation.org)

**Coalition for Headache and Migraine Patients:** Online community for people with migraine.  
[headachemigraine.org](http://headachemigraine.org)

**Migraine Again:** Online community for people with migraine.  
[migraineagain.com](http://migraineagain.com)

**Miles for Migraine:** Advocacy group that raises money and awareness for migraine research.  
[milesformigraine.org](http://milesformigraine.org)

**National Headache Foundation:** Focuses on increasing awareness, advocating, educating, and supporting research on headaches.  
[headaches.org](http://headaches.org)



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