



See **MigraineTrust.org** or scan this QR code for further information and self-help resources.



The Migraine Trust is a registered charity
in Scotland (SC042911)

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Migraine?
Information & Help

Migraine is a common, severe and painful condition. Attacks can affect the ability to function normally and usually last for between four hours and three days.

Symptoms include:

- headache, head pain, fatigue
- visual disturbances e.g. seeing flashing lights
- sensitivity to light, sounds and smells
- feeling sick and being sick.

How can I help myself?

As well as help from your pharmacist or GP there are a lot of other sources of information and advice on migraine.

See **MigraineTrust.org** or scan this QR code for further information and self-help resources.

We're here to help you live with migraine.

