

Migraine is a complex and often devastating neurological condition

There are many different types and each one affects people differently



Linda
UK Visas and Immigration

"I developed hemiplegic migraine when I was 52. At first it was very frightening because it mimics the symptoms of a stroke. I was hospitalised several times.

Now I've been diagnosed and have a brilliant manager who has taken the time to understand my condition. Things have become much easier at work."

The Migraine Trust is here to help you

the
migraine
trust

#MigrainePositiveCS

W: www.migrainetrust.org

T: 0203 9510 150

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*A Brilliant
Civil Service*

Tell your line-manager if you have migraine that is affecting you at work

They want to help make your working life better



Gary
Department for Work and Pensions

“My manager and I worked together to find a number of small changes to how I had been working that enable me to work more effectively with my migraine. My working life is so much better now.”

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Rob is one of thousands of civil servants across the UK who works with migraine

By understanding more about the condition you can help your colleagues be their best self



Rob
Engineer

“Bad lighting is a key migraine trigger for me. It really helps me that the people in my team understand that I need to choose carefully where I sit in the office or in meetings. Their awareness and support also reduces my anxiety and gives me greater confidence.”

The Migraine Trust is here to help you

The Civil Service wants to help you manage your migraine at work

Seeking support could transform your working life



Louise
Department for Work and Pensions

"I coped alone with chronic migraine until my line-manager showed me that support was available; I just needed to ask. He changed my working life by acknowledging my migraine isn't 'just a headache' and supporting me to make small workplace changes, like natural light and quiet spaces. He helped me seek out and use all the organisational support available, such as a 'workplace adjustment passport' for when I move between assignments. It captures everything he helped me put in place."

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Migraines can be debilitating

Having amazing colleagues can
help make life better



Photo: David Tett

Zamila
Director, International & EU,
Department for Education

“My migraines occur once or twice a month, triggered by changes in light, temperature or noise, and my menstrual cycle. I have to cancel meetings, rush home and lay down in the dark. My line-manager and team are great. They’ve learned to spot the signs and support me in taking the time I need to recover.”

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