EMOTIONAL SUPPORT DURING A PANDEMIC

TRIGGERS FOR MIGRAINE ATTACKS DURING COVID-19

- Isolation due to social distancing
- Lack of work and homelife balance
- Changes in insurance coverage or employment status

EMOTIONAL SUPPORT RESOURCES CAN HELP

Facebook Groups
connect migraine patients in a community setting

Phone or Tablet Apps
allow migraine patients to track their symptoms and monitor patterns

Blogs
share experiences of other migraine patients

Online Resources and Forums
educate migraine patients about their condition

Find more tips & tools on emotional support during COVID-19 and migraine disease.