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Headache Fellows 2023-2024

ACT Now: Miles for Migraine Project - Resources for Patients (provider dot/smart phrases)

Instructions:
1. Save this document to your computer
2. Copy any site-specific information (like your Headache Center website or headache info page below
3. Select and copy that and enter it into a SmartPhrase/Dotphrase with a title you will always remember or can easily search, consider "Resources" or "Miles."
4. Share, update. Etc.
5. COPY IT INTO YOUR SMART PHRASES RIGHT NOW. JUST DO IT NOW, YOU WON'T DO IT LATER.
THE POINT IS TO HAVE THESE SAVED & READY WHEN YOU NEED THEM

Don't copy this part into your dotphrase!

delete everything above

ONLINE RESOURCES FOR PEOPLE LIVING WITH MIGRAINE AND HEADACHE DISORDERS (2024)

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*****Your Neurology / Headache Center Website: *****
*****any additional info*****

Organizations:

- CHAMP - Coalition for Headache and Migraine Patients – see the Community page which has many coalition participant organizations at https://headachemigraine.org/community/ (including resources for Cluster Headache, NPDH, and Pain)
- The American Migraine Foundation has information, resources, and more at https://americanmigrainefoundation.org/
- National Headache Foundation https://headaches.org/
- Everyday Health (resource list) https://www.everydayhealth.com/migraine/guide/resources/
- Miles for Migraine https://www.milesformigraine.org/
- U.S. Pain Foundation https://uspainfoundation.org/

Apps:

- Migraine Buddy https://migrainebuddy.com/ (for tracking migraine attacks)
- Curable https://www.curablehealth.com/ (for chronic pain)
- JUVA https://www.juvahealth.com/ (biofeedback for migraine)
- Calm https://www.calm.com/ (for sleep and meditation)
- Headspace https://www.headspace.com/ (for meditation)

Programs:

- Migraine Master Class from World Migraine Summit at https://migrainemasterclass.thinkific.com/courses/migraine-masterclass (your provider may be able to get a code for this)
- Migraine Toolkit from the Society for Women's Health Research https://swhr.org/swhr_resource/living-well-with-migraine/

Some Therapy/Mental Health Resources:

Reach out to your provider (primary care and specialist) and your insurance for Therapy/Mental Health Resources.

- https://www.psychologytoday.com/ (for finding a therapist)
- https://www.goodtherapy.org/
- https://www.betterhelp.com/ (online therapy service)
- https://www.talkspace.com/
- https://www.findoctave.com/
- https://www.talkiatry.com/ (virtual mental health care)
- https://rockrimmongroup.com/ (cognitive behavioral therapy)
- Miles for Migraine Mindfulness Program and Support Groups

This list was compiled as part of the **Miles for Migraine ACT Now: Advocacy Training Workshop** (link: https://www.milesformigraine.org/act-now-fellow-patient-training-program/).
Miles for Migraine seeks to raise awareness about migraine and financially support headache education, along with holding live and virtual events to train advocates and build community. They likely work with and potentially support a local headache center and may hold events in your region.

We also encourage you to update your providers with any resources that have been helpful for YOU. We recommend that you tell them in person AND SEND them the information so they can save it/search for it in the future <u>when</u> they need it.