Sometimes migraine isn’t the only condition on a patient’s mind. Headache and migraine impact all aspects of a person’s life. That includes their mental health.

Headache and migraine can lead to:

- **Isolation**
- **Worry** about upcoming migraine attacks
- **Feelings of Stigma** or being misunderstood

Better migraine management would improve patients’ mental health.

~50% of patients with headache and migraine disease have anxiety.

94% of providers say:

People with headache and migraine need care for both their physical and mental health.