

25 September 2023

Migraine Awareness Week 24 - 29 September

Migraine Awareness Week aims to raise awareness of what it means to live with migraine.

Migraine is often misunderstood as a severe headache, but for the almost 10 million people in the UK who suffer from the condition, they will understand that it is much more than that. Migraine can affect the whole body and attacks can range anywhere from a few hours to several days in length.

Research from [The Migraine Trust](#) shows that almost a third of those living with migraine say it negatively affects their mental health and three in ten say it negatively affects their working life.

Migraine is most common amongst working age adults but the impacts can be greatly reduced if people with the condition are supported properly at work. People with migraine often don't require a lot of help in work, but some simple changes can make a huge difference. On the other hand, if someone doesn't receive support in the workplace, it can have very serious consequences.

What can you do?

Under equality law, migraine may be considered a disability, depending on the severity and frequency of attacks, and you should be entitled to help at work as a result. This may come in the form of regular breaks, special equipment for your workstation or different trigger points for sickness absences.

If you're unsure what steps to take next, or if you're having problems at work, you should speak to your PCS rep. They will be able to help you through requesting changes at work or supporting you in meetings with your employer. They will also be able to direct you to support services to help you manage your condition.

Guide to migraine for members

We've also developed a more detailed [guide for members](#) living with migraine and provided [additional resources](#) to reps to help them assist members.

If there are any changes you think we should be aware of, or any suggestions to help improve our content please contact us by emailing editor@pcs.org.uk.