

DIGITAL RESOURCES TO SUPPORT PATIENTS WITH MIGRAINE

Reference guide for healthcare professionals



Websites and materials for migraine education

Trusted websites that offer reliable medical information and downloadable resources to support informed decision-making and day-to-day management.

Website	Description
Migraine Free SG https://www.migrainefree.sg/	A Singapore-focused educational website that includes an overview of migraine from symptoms presentation to diagnosis. The site also features patient stories from people living with migraine, as well as a “find my doctor” function and a migraine assessment tool.
American Headache Society https://americanheadachesociety.org/resources/primary-care/patient-guides#english-guides	Downloadable patient guides on topics ranging from talking to employers about migraines to meal planning.
National Headache Foundation https://headaches.org/resources/	A library of patient handouts, infographics, symptom trackers and a series of educational videos on how to live with migraine.
Migraine Again https://www.migraineagain.com/	Founded by an editorial team of migraine patients, this site offers digestible, up-to-date content on coping, nutrition and therapy options.
The Migraine Trust https://migrainetrust.org/get-support/resources/	Downloadable toolkits and factsheets for self-management, treatment options, and getting support for migraine.

Forums and online communities

Encourage your patients to connect with others who share similar experiences to gain practical tips, emotional support and greater confidence in managing migraine day to day.

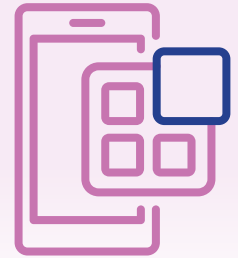






Website	Description
Health Unlocked https://healthunlocked.com/migraine-support/posts	A forum for patients to read conversations, start a discussion, and connect with others about migraine.
Mayo Clinic https://connect.mayoclinic.org/group/headache-migraine/	A forum for patients to read conversations, start a discussion, and connect with others about migraine.
My Migraine Team https://www.mymigraineteam.com/resources	A social network site that allows patients to get the emotional support they need by connecting with like-minded peers, filtered by age and diagnosis. The site also provides advice and insights on managing treatment or therapies for migraines.
Migraine.com https://migraine.com/forums	A forum for patients to read conversations, start a discussion, and connect with others about migraine.

Mobile apps for migraine tracking and management

Keeping a headache diary may identify triggers and the root cause of the symptoms, leading to more personalised and effective migraine management.

Mobile applications offer a simplified yet detailed alternative to traditional diaries, making tracking more engaging.



App	Features	Platforms*
Migraine Monitor 	<ul style="list-style-type: none"> Designed by neurologists Daily symptom logging, medication reminders and physician communication Downloadable reports for consultations 	<ul style="list-style-type: none"> iOS and Android ★★★★☆ (App Store)[†] ★★★★☆ (Google Play)[†] Free
Migraine Buddy 	<ul style="list-style-type: none"> Tracks symptoms, triggers, medication, sleep and weather Provides bite-sized educational articles for users to learn more about migraine Downloadable reports for consultations 	<ul style="list-style-type: none"> iOS and Android ★★★★★ (App Store and Google Play)[†] Contains in-app purchases
N1-Headache 	<ul style="list-style-type: none"> Personalised trigger analysis after 90 days of tracking Data analysis will produce maps to outline suspected and confirmed triggers, factors to decrease migraine attack risk, as well as personalised insights 	<ul style="list-style-type: none"> iOS and Android ★★★★☆ (App Store)[†] ★★★★☆☆ (Google Play)[†] Contains in-app purchases
Care Clinic 	<ul style="list-style-type: none"> General health tracker with custom templates for migraine Tracks medications, triggers, mood, nutrition and activity Offers journaling and calendar tools 	<ul style="list-style-type: none"> iOS and Android ★★★★☆ (App Store)[†] ★★★★☆☆ (Google Play)[†] Contains in-app purchases

*Free migraine tracker apps such as Migraine Monitor are available on iOS and Android platforms. Apps with in-app purchases may be a suitable option for patients who would like a more advanced set of features to track and manage their condition.

[†]App ratings are approximate, vary by country and platform, and may change over time.