

Psychology in the Neurology/ Migraine Service

Welcome to Psychology in the Neurology Migraine Service! This service started in November 2020 as part of a Sláintecare pilot project called *'Towards Self-Care in Headache Management'*. The aim of the Psychology role is to help address aspects of a person's life experiences that may be contributing to their head pain; to help a person understand more about their pain; and develop ways of managing that are additional to or in place of medical management.

Migraine and other headache conditions can interfere with several important areas of an individual's life and can make everyday life and functioning very challenging. I work as part of the Neurology team, which includes your Doctor and Migraine Clinical Nurse Specialist.

Psychology can be particularly helpful in these areas:

- Identifying migraine/head pain triggers and supporting with making lifestyle changes
- Learning more about the relationship between stress and pain. This includes exploring how thoughts, feelings and behaviour are linked to pain
- Learning additional ways of coping with migraine and head pain
- Learning how to manage and cope with difficult emotions
- Facilitating group programmes
- Helping to find ways of reconnecting with what and who is important to you in your life
- Providing links to helpful resources

How can I find out more?

Referrals are received through the Neurology Team.

If you would like to find out more about this Psychology service for migraine and head pain, please let your Neurology team health professional know and they can pass your query on to me.

Existing Supports for Migraine, Head Pain and Chronic pain

- You can also avail of the support and education offered by the Migraine Association of Ireland (MAI). Visit: www.migraine.ie or call them on 01 894 1280 / 01 894 1281
- Take a look at my video mini-series on Stress and Health [here](#), or my video mini-series on Chronic pain [here](#).
- Find a range of supports available in [this Signposting Booklet](#).

