

# HEADACHE Relief Guide

## Migraine in the Storm

Headaches can be frustrating, scary and painful. This site can be your guide to headache relief.



### Learn

Why do you get headaches?

[learn more >](#)



### Experience

Now you can show others how your migraines affect you.

[learn more >](#)



### Control

Take control of the pain.

[learn more >](#)



### Prepare

Are you ready for headache relief?

[learn more >](#)

Help youth take control of their headaches at home and school



[www.headachereliefguide.com](http://www.headachereliefguide.com)