

## The Empowering Patient Voices™ Initiative

When we speak out about our condition and the many ways it impacts our lives, we raise awareness, help others feel less alone, and create real change. Migraine Meanderings created the *Empowering Patient Voices™* initiative to provide patient-centric information and encouragement, and to support patient advocacy by highlighting authentic depictions of life with migraine and other headache disorders.

We invite you to share your voice, tell your story, and help continue the fight to bring migraine disease “out from the shadows.”

### To participate:

Visit [www.migrainemeanderings.com/empowering-patient-voices](http://www.migrainemeanderings.com/empowering-patient-voices):

- Watch our videos
- View our image gallery
- Share your story

**Will you come  
“out from the shadows”  
and share your voice?**

Learn more about this initiative!

Thank you to our official  
sponsors for making this  
initiative possible.



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Hope In Pain, Inc. is a registered 501(c)(3) public charity that seeks to provide patient- and caregiver-oriented advocacy, support and education services focusing on migraine disease, other headache disorders, and chronic pain. Our peer-to-peer patient communities—*Hope for Migraine* and *Migraine Meanderings*—offer information, connection and support to people living with migraine disease.

MIGRAINEMEANDERINGS.COM

EMPOWERING  
PATIENT VOICES™



EMPOWERING  
*Patient Voices*

Bringing migraine disease  
“out from the shadows”

MIGRAINEMEANDERINGS.COM  
info@migrainemeanderings.com



## Real Voice of Migraine™

Migraine impacts our lives in very real and debilitating ways. Our stories may differ, but our voices are all important. We want to hear your story! In *Real Voice of Migraine* we ask people to come "out from the shadows" and share what life is really like with migraine and other headache disorders. We ask a different question each month and then use the answers to create a video "montage" that is shared on social media. These videos let people know that they are not alone, provide useful facts to combat stigma, and help raise awareness.

Let's stand together as we talk about what life with migraine is really like! #realvoiceofmigraine

### To participate:

Visit [www.migrainemeanderings.com/empowering-patient-voices](http://www.migrainemeanderings.com/empowering-patient-voices)

- **Register for our monthly Zoom meeting, Real Voice Snack & Chat**, to share your answers to the "Question of the Month" and have the opportunity to record a short video.
- **Watch and share our video series**—subscribe to our YouTube channel!



## Migraine Behind the Mask™

Those of us with migraine often put on a mask of hope and wear smiles to hide our pain. But the real face of migraine paints a very different picture. It's one of lost time, constant worrying, financial hardship, exhaustion, and the list goes on.

*Migraine Behind the Mask* seeks to show the reality of migraine disease and its impact on our lives. Together, we can come out from the shadows, show what this disease really does to our lives, and in so doing—reveal our true strength.

### So, what does migraine look like behind your mask?

Join our inspirational photo and video campaign and show your true strength! #migrainebehindtheface

### To participate:

- Choose or take a photo of yourself when you are feeling well and another photo when you are having an attack.
- Write a quote to go along with your photos.
- Send both photos and quote to [info@migrainemeanderings.com](mailto:info@migrainemeanderings.com).
- Check your email for a photo release consent from us.



## Let's Talk Migraine™

What is life really like with migraine? In the *Let's Talk Migraine* video series, patient advocates share real life experiences, tips and ideas about migraine, cluster and other headache disorders. Patient to patient information is provided in easy-to-understand language, which not only raises awareness about migraine, but also helps people manage their disease better.

With the first videos being released late 2021, initial topics covered include: Stigma and Migraine, Partnering with Your Doctor, Responding to Hurtful Comments & Unwanted Advice, The Importance of Community, Balancing Acceptance with Hope for the Future, and Migraine Patient Advocacy.

### To participate:

- Email us at [info@migrainemeanderings.com](mailto:info@migrainemeanderings.com) with topics that you would like us to cover in this series, as well as questions that you would like the patient advocate panel to answer.
- Please subscribe to our YouTube channel and share these videos with family and friends.

Your voice and your actions make a difference!



BE SURE TO FOLLOW US ON SOCIAL MEDIA:

