



For over 50 years, the National Headache Foundation (NFH) has been focused on elevating the awareness of headache and migraine as a **legitimate, complex neurological disease.**

NHF invites you to Imagine A World Without Headache.™ Until that day, we are committed to creating a future where everyone in the world with headache can thrive in optimal, functional and connected lives.

Strength in Every Story™

Stories connect us. They remind us we're not alone, help others feel seen, and bring understanding to life with headache and migraine. Every voice adds to a stronger, more informed community.

Scan to read real stories.



Creating Change, One Program at a Time



Operation Brainstorm™ is a health resource initiative for service members, veterans, and loved ones living with headache and migraine disease.



NHF InSights™: video and audio podcast featuring conversations on headache and migraine with experts, advocates, and people with lived experience.



HeadWise™ video and audio podcast discussing the latest headache and migraine news, publications, access to care, treatments, and technologies.



HeadLines™: NHF's digital newsletter featuring the latest research, educational resources, events, and stories from the headache community.



Headache Campus™: provides valuable resources for students, educators, and administrators navigating headache and migraine disease during their campus experience.



Advanced Qualification in Headache Medicine® (AQH): recognizes healthcare providers with advanced expertise in the diagnosis and management of headache disorders.



Primary Care Migraine™: CME and Non-CME education program available at no charge, for primary care and advanced practice providers.