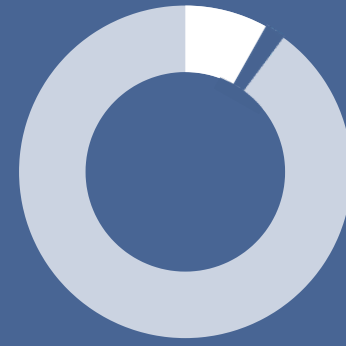


About  
**MIGRAINE  
 DEPRESSION**

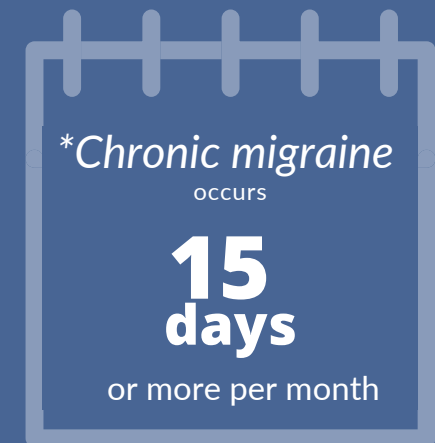
If you suffer from migraine you are **2.5 times**<sup>1</sup> more likely to also suffer from depression.

12% of Canadians live with migraine.



2% of Canadians live with chronic migraine

85% of people living with chronic migraine are **WOMEN.**



Common symptoms of  
**DEPRESSION**



- Inability to enjoy favourite activities
- Unexplained aches & pains
- Sleeping too much or too little
- Feelings of despair, guilt, worthlessness, and isolation



Women are **twice as likely** to experience depression as men.<sup>2</sup>

Common symptoms of  
**MIGRAINE**



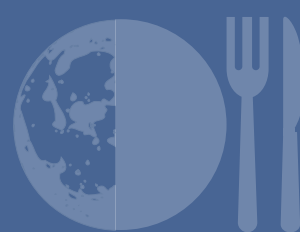
- Throbbing head pain
- Sensitivity to light, sound, smell or touch
- Tingling, seeing flashes of light, neck pain
- Nausea and vomiting<sup>3</sup>

**TIPS FOR MANAGING MIGRAINE & DEPRESSION**

**Exercise Regularly**



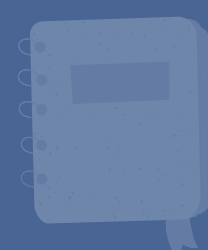
**Follow a Sleeping & Eating Routine**



**Use Relaxation Techniques**



**Keep Track of your Symptoms**<sup>3</sup>



**Seek Support** from family, friends, & your doctor



*\*Consult your doctor about treatment strategies for depression and/or migraine.*

Visit [mdsc.ca](http://mdsc.ca) for more information.



Mood Disorders Society of Canada  
 La Société Pour Les Troubles de L'Humeur du Canada

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 @MoodDisordersSocietyCanada



1. Minen et. al. 2016. Migraine and its Psychiatric Comorbidities 2. MDSC 2019. Quick Facts on Mental Illness & Addiction in Canada. 3. MayoClinic 2020. Migraine: Diagnosis & Treatment.