



# JUNE IS MIGRAINE AWARENESS MONTH



## Discover Relief through NEAP

Are migraines causing distress for you or your employees? During National Migraine Month, National EAP is here to offer our valuable support! We are a dedicated resource designed to assist individuals in reducing stress and improving overall well-being, thus helping to prevent migraines.

### Your Employee Assistance Program

24/7 access to EAP counseling services and online resources for you and your immediate family members.

National EAP also offers self-guided support through our Member Portal and Wysa, our AI-powered mental health app grounded in Cognitive Behavioral Therapy (CBT).



**Need Help?**

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

### How NEAP can help during National Migraine Month?

- ▶ **Counseling and Support:** We provide access to licensed counselors who can offer personalized support and guidance, helping individuals navigate the emotional and practical aspects of living with migraines.
- ▶ **Education and Resources:** We provide educational materials and resources on effective coping strategies, lifestyle modifications, and the latest advancements in migraine treatment through our Member Portal.
- ▶ **Referrals to Specialists:** If further medical attention is required, we can assist in connecting individuals with qualified healthcare providers specializing in migraines.
- ▶ **Stress Reduction Techniques:** Migraines are often triggered or exacerbated by stress. We offer various stress reduction techniques, including mindfulness exercises, relaxation techniques, and stress management workshops, to help individuals minimize stress and its impact on their migraines.