

PROBLEMATIC HEADACHES

INFORMATION FOR CHILDREN AND YOUNG PEOPLE

WHY DO I GET HEADACHES?

Headaches occurs when the brain is not happy about something. This can be due to a whole range of reasons!

IS IT JUST ME THAT GETS HEADACHES?

No, headaches that causes problems are very common!

- 1 in 5 young people will get tension type headache
- 1 in 10 will have the migraine type

It's not your fault you have headache, it's just the way your brain is wired up. Headache is even more common with mental health problems.

WHAT TYPES OF HEADACHE ARE THERE?

TENSION HEADACHE

- Dull, pain, usually on both sides
- They can last between hours and days

MIGRAINE

- Pain on one or both sides that is more severe and lasts 1-72 hours
- Some people get an "aura" such as blurry vision before the headache
- Additional features such as vomiting and sensitivity to light, sound, movement or touch
- Tummy pain when there is not a headache is common in younger children

You can have both types of headaches at different times.

WHAT CAN I DO IF I HAVE HEADACHES?

The things you can do are similar if you have tension headaches or migraine headaches:

1. **ACCEPT** that you have a problem.
2. **ACT** to sort it out.
3. **ASK** for help.

1. ACCEPT THAT YOU HAVE A PROBLEM

Unfortunately, many young people do not think that headaches are a problem and that anyone will take them seriously.

THINGS THAT CAN CAUSE HEADACHES IN CHILDREN AND YOUNG PEOPLE

NOT EATING OR DRINKING REGULARLY

FAMILY AND RELATIONSHIP PROBLEMS

TOO MUCH SCREEN TIME

LACK OF EXERCISE

BULLYING

SCHOOL PRESSURES

ANXIETY OR LOW MOOD

POOR DIET

2. ACT TO SORT IT OUT

THINGS THAT CAN HELP HEADACHES

CONSISTENCY

EAT HEALTHILY

DRINK LOTS OF WATER

KEEP A DIARY OF TRIGGERS

REGULAR SLEEP PATTERNS

SCHOOL PRESSURES

EXERCISE

AVOID SCREENS AROUND BED TIME

3. ASK FOR HELP

SPEAK TO YOUR SCHOOL TUTOR OR TEACHER ABOUT SCHOOL WORK

ASK FOR HELP WITH YOUR MENTAL HEALTH

SEE YOUR GP OR DOCTOR

SPEAK TO YOUR PARENTS OR CARERS



PRODUCED BY:
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