

Support organisations Tension-Type headaches

www.nhs.uk/Conditions/headaches-tension-type

Migraine Migraine Action

www.migraine.org.uk

☎ 0116 2759317 (10.00am - 4.00pm)

MiGain (aimed at 8-17 year olds)

www.migain.org.uk

☎ 0116 2758317 (10.00am - 4.00pm)

Cluster Headaches Ouch (UK)

www.ouchuk.org

☎ 01646 651979

www.facebook.com/ClusterHeadacheSupport

Useful contacts

NHS 111 Service

☎ 111

Health Info

☎ 01709 427190

A&E

☎ 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.gov.uk

www.therotherhamft.nhs.uk

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary.

Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo na: pošlite e-mail.

Slovenski

Kurdish Sorani

ئێهه ئێهه یان کەسێک که تۆ دەبیناسی پێویستی بەیارمەتی هەیەتی بۆ ئەوەی لەم بەلگەنامە یە تێبینات ببخوێنتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەییە سەروددا یان بەو نێمەییە.

دی سۆرانی

Arabic

كنت انت اواي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على رقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

بی

Urdu

آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

و

Farsi

جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

سی

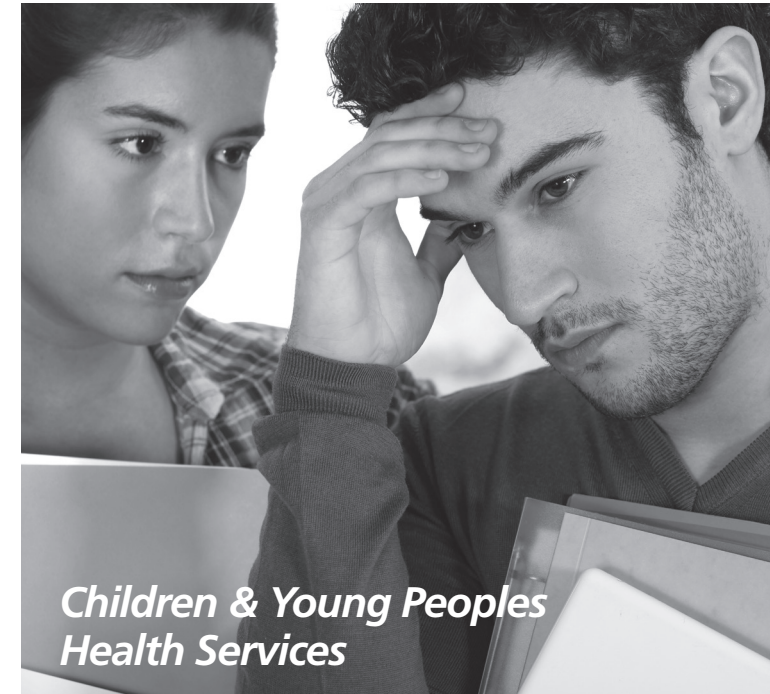
If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

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HEADACHES : RESOURCE & INFORMATION

Where is the headache?	What does it feel like?	How painful is it?	How long does it last?	Does it stop you from doing any of your usual activities, such as going to work or school?	What kind of headache is this?
Both sides of your head, face or neck	Something is pressing or being tightened around your head	Fairly painful	At least 30 minutes	No	Tension - type headache
Either one or both sides of your head, face or neck	Something is pulsating, throbbing or banging in your head	Very painful	At least 4 hours (or at least 1 hour if you are aged 17 or younger) and up to 3 days	Yes	Migraine
One side of your head or face and around or above one of your eyes	<p>The pain can be sharp, burning or throbbing or tightening, or feel as if something is being tightened around your head or drilling into your head.</p> <p>You feel restless or agitated.</p> <p>Your forehead or face is sweaty.</p> <p>Your nose is blocked or running.</p> <p>Your eye on the side where you have the headache is red or watering, and the eyelid may be swollen or drooping.</p>	Extremely painful	<p>At least 15 minutes and up to 3 hours.</p> <p>You have this headache at least every other day for at least 2 weeks.</p>	Yes	Cluster headache