



Migraine and mental health in women: Addressing the challenge

Webinar

Thursday 21 September 2023 | 11.00 – 12.30 (CET)

Programme

11.00 – 11.05	Webinar opening – Jacinta Hastings, Board Member, GAMIAN-Europe
11.05 – 11.10	Welcome and overview by moderator – Elena Ruiz de la Torre, Executive Director, EMHA
11.10 – 11.20	Key findings from the Migraines and mental health report – Dr. Chiara Samele, Senior Associate, GAMIAN-Europe
11.20 – 11.30	Living with migraine attacks and mental health problems – Alessandra Sorrentino, Representative of Alleanza Cefalalgici at EHMA
11.30 – 11.40	Treatment and health care for migraine attacks – Dr. Patricia Pozo-Rosich, Director of Headache and Craniofacial Pain Clinical Unit and the Migraine Adaptive Brain Center, Vall d'Hebron University Hospital
11.40 – 11.50	Managing anxiety, depression, and comorbid physical health conditions (with reference to migraines) – Dr. Angelika Wieck, Secretary, European Psychiatric Association - Women Mental Health Section
11.50 – 12:00	How can we move forward? A policy perspective – MEP Radka Maxová, European Parliament
12:00 – 12:20	Questions and answers
12:20 – 12:30	Wrap up and closing remarks – Jacinta Hastings, GAMIAN-Europe Board Member

Speakers



Jacinta Hastings is the CEO of Bodywhys. With over a decade of dedicated service in the field of mental health advocacy and suicide prevention, Jacinta has a strong track record of leadership and accomplishments. During her tenure as Acting Director at the National Office for Suicide Prevention within the Health Service Executive from October 2011 to June 2012, she led critical initiatives to address suicide prevention in Ireland. In her role as a National Specialist Planner of Mental Health since April 2007 she shaped the landscape of mental health in Ireland. Her passion for advancing mental health services and empowering service users has been a constant thread throughout her career, advocating for positive change in mental health and suicide prevention. She is Board member of GAMIAN-Europe and an expert by experience on migraines.



Elena Ruiz de la Torre is the Executive Director of the European Migraine and Headache Alliance (EMHA). She advocates for individuals grappling with headache disorders, both within and beyond the workplace. Her journey in advocacy commenced in her homeland of Spain and has since expanded its reach across Europe and the globe. Elena serves as the guiding force behind EMHA, a non-profit consortium that brings together 35 patient groups from diverse corners of the continent. Additionally, she played a pivotal role in co-founding WHAM, the World Health and Migraine organisation, an inclusive patient-led coalition that welcomes patient groups from every corner of the world. With numerous publications to her name, Elena's impact is far-reaching.



Dr. Chiara Samele is a social scientist and epidemiologist by training. Chiara is the co-Director of Informed Thinking. After a decade at the Institute of Psychiatry, Psychology, and Neuroscience in London, she transitioned to third sector research and policy work. At Informed Thinking, she has led numerous research projects and produced influential reports for various organisations, including NHS Trusts and the European Commission.



Alessandra Sorrentino is a volunteer of Alleanza Cefalalgici, an Italian patient association that supports people who suffer from migraines and other types of headaches. She has suffered from migraines since she was 4 years old and, through social media, she spreads her experience with the disease, aiming at giving a voice to people who suffer from migraines and fighting misinformation and stigma about invisible diseases and mental health.

Speakers



Dr. Patricia Pozo-Rosich is a leading neurologist specializing in headaches and craniofacial pain, based at Vall d'Hebron University Hospital in Barcelona. She serves as Head of the Section in the Neurology Department and leads several research initiatives at Vall d'Hebron Institute of Research. Her academic roles include editorships and advisory positions in prominent medical journals such as *Revista de Neurologia* and *Cephalalgia*. Dr. Pozo-Rosich is also deeply invested in research, focusing on the pathophysiology of migraines through multidisciplinary methods like genetics and neuroimaging; she has secured numerous research grants and led over 40 clinical trials.



Dr. Angelika Wieck is an Honorary Consultant in Perinatal Psychiatry at Greater Manchester Mental Health NHS Foundation Trust and an Honorary Senior Lecturer at the University of Manchester. She has held key roles in adult and perinatal psychiatry, including Clinical Lead positions in Greater Manchester. Academically, she served on the Women's Mental Health Section of the European Psychiatric Association and is on the editorial boards of several prestigious journals. Her research interests encompass reproductive psychopharmacology, psychoneuroendocrinology, and perinatal psychiatry. Dr. Wieck's work integrates clinical practice, research, and education, significantly impacting women's mental health, especially during the perinatal period.



Radka Maxová is a Czech MEP of the Alliance of Liberals and Democrats for Europe (ALDE) group. MEP Maxová has a background in economics and management and has served on various committees that focus on public health, social issues, and economic development. Her legislative efforts often concentrate on enhancing the well-being of citizens, supporting SMEs, and fostering international cooperation. In the European Parliament, she aims to bridge the gap between policymakers and the public through effective communication and engagement.

