



18 September 2025 14.00 – 16.00

Join our Webinar: Migraine & Mental Health: A Call for Integrated Care

- 14:00 – 14:05 **Welcome** – Nigel Olisa, Executive Director, GAMIAN- Europe
- 14:05 – 14:10 **Webinar introductions** - Brief overview of the webinar's objectives and importance of addressing comorbid migraine and mental health - Elena Ruiz de la Torre, Executive Director EMHA.
- 14:10 – 14:25 Presentation of key findings from GAMIAN-Europe and the EMHA two reports on comorbid migraine and mental health, focusing on patient experiences and the economic/social impact – **Dr. Chiara Samele, Consultant, GAMIAN-Europe**
- 14:25 – 14:35 **Video streaming** – Awareness raising campaign 2024
- 14:35 – 14:50 Depression and Anxiety Symptoms in Headache Disorders - **Professor Dimos-Dimitrios Mitsikostas**, full professor at National and Kapodistrian University of Athens, Co-chair, Headache Scientific Panel at the European Academy of Neurology, President of the Hellenic Headache Society
- 14:50 – 15:05 Migraine and Mental Health: Clinical Practice - **Dr. med. Reto Agosti**, CEO and Chief Physician, Headache Center Hirslanden, Specialist in Neurology.
- 15:05 – 15:40 **Q&A** / Panel discussion moderated by Elena Ruiz de la Torre, Executive Director EMHA.
Questions/topics: What's needed for more holistic care?
- Challenges in current treatment approaches
 - Strategies for integrated care
 - Strategies for integrated care
- 15:40 -15:50 **Audience Perspective**
Claire Bradley, person with lived experience
Dr John Francis Leader, Psychologist & Vice President, Liaison for Mental Health, European Federation of Psychologists' Associations (EFPA)
- 15:50 - 16:00 **Closing remarks and call to action**
- Summary of key takeaways
 - Recommendations for stakeholders
 - Next steps for improving comorbid migraine and mental health care