

Our purpose

To support people in Aotearoa New Zealand to live better with migraine through education, community, advocacy & awareness and research. People with migraine are at the core of everything we do.

Our vision

To minimise the health, economic and social burden of migraine disease in Aotearoa New Zealand.



Who are we for?

Migraine Foundation Aotearoa New Zealand Incorporated is the national voice for all people in Aotearoa New Zealand living with migraine disease.

Pillars of service and strategic objectives

Education

- To develop and deliver comprehensive, evidence-based migraine education for people living with migraine and healthcare professionals.

Connection

- To build a strong, inclusive community where people living with migraine feel seen, heard and supported.

Advocacy & awareness

- To champion the needs of people with migraine by raising awareness, challenging misconceptions and stigma and advocating for equitable access to care, treatment and support.

Research

- To support New Zealand-focused migraine research and collaborate with researchers in planning, recruitment and dissemination of findings.

Leadership and sustainability

- To build a sustainable, trusted and respected national migraine organisation through action and meaningful change.

Our values

Action

We focus on practical actions that improve the lives of people with migraine in New Zealand. We achieve our objectives through careful planning and seizing opportunities.

Partnership

Lived experience matched with clinical experts, researchers and other advocates ensures our work is meaningful, effective and engaged.

Evidence-led

We base our work on credible, evidence-based information and support research to fill information gaps. Evidence is our foundation for building trust, providing education and improving outcomes.