Ontario and Toronto headache resources

Navigation and coverage questions | original draft

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Start with the service that matches your situation. Eligibility, referral requirements, wait times and fees can change, so confirm details directly.

Ontario coverage questions

- OHIP generally covers medically necessary insured physician and hospital services; the exact service, setting and eligibility determine coverage.
- Allied-health visits, private headache programs, forms, devices and some tests may be privately paid, employer-insured or program-dependent.
- Prescription medicines outside hospital are generally not covered by OHIP. ODB, OHIP+, Trillium, Exceptional Access and private plans have different rules.
- Ask the clinic, hospital, pharmacist or program to confirm fees, referral requirements and eligibility.

Navigation

- Health811: call 811 for non-emergency nurse advice and service navigation. It is not an emergency service.
- Primary care: ask about a headache assessment, a diary plan and whether a referral is needed.
- Ontario headache clinics: referral criteria and access differ by site. The London Health Sciences Centre page is an example of specialist information.
- Migraine Canada: Canadian education, discussion prompts and diary resources.
- In an emergency, call 911 or go to the nearest emergency department.

Sources opened and checked 20 November 2026

IHE / TOP Canadian headache guideline: https://www.ihe.ca/public/uploaded/headache-guideline.pdf

Choosing Wisely Canada headache recommendations: https://choosingwiselycanada.org/recommendation/headache/

Migraine Canada discussion guide: https://migrainecanada.org/wp-content/uploads/2025/06/Patient-version-Discussion-Guide_English_Extended_Final_Copy-Digital.pdf

Migraine Canada headache diary: https://migrainecanada.org/how-to-use-a-migraine-diary/

London Health Sciences Centre headache clinic: https://www.lhsc.on.ca/clinical-neurological-sciences/john-h-kreeft-headache-clinic

HealthLink BC migraine headaches: https://www.healthlinkbc.ca/healthwise/migraine-headaches-0

Canadian Paediatric Society acute migraine: https://cps.ca/en/documents/position/acute-migraine

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

AAN / American Headache Society 2026 update: https://www.aan.com/PressRoom/Home/PressRelease/5361

American Headache Society diagnosis overview: https://americanheadachesociety.org/research/library/overview-of-migraine-diagnosis

NICE CG150: https://www.nice.org.uk/guidance/cg150

NHS headaches: https://www.nhs.uk/symptoms/headaches/

International Headache Society ICHD-3: https://ihs-headache.org/en/resources/ichd/