

Request to light up City Hall on 7th October for International Trigeminal Neuralgia Awareness Day 2021

My name is Sarah and I have a condition known as Trigeminal Neuralgia. This is a very rare neurological condition and the pain has been documented as the worst known to humankind. Despite the rarity of Trigeminal Neuralgia, we have established a successful support group, especially through Facebook and word of mouth.

Here is some information about the condition. [Trigeminal Neuralgia Definition - The Mayo Clinic](#)

There is a serious lack of awareness in Ireland, and around the world. In 2019, the last International Trigeminal Neuralgia Awareness Day was held, with over 200 buildings, monuments and stadiums lighting up in teal around the world, with over 30 of those here in Ireland including Dublin City Hall. Other places include; The Mansion House, The CHQ Building, Shannon Airport and The Rock of Cashel.

[Trigeminal Neuralgia Ireland](#)

It would be amazing and inspiring if Dublin City Hall could once again “Light up Teal” (or closest to it) for just one night, October 7th, 2021. It would help us to spread the word and raise awareness. Due to our efforts last year our support group has expanded and we are now providing help, information and support to hundreds of people across Ireland.

Living with Trigeminal Neuralgia can be debilitating, lonely and agonizing. There is a lack of understanding and frequent mis-diagnosis. Unfortunately, there is no cure, and the usual pain killers have little or no effect on our condition. There are some surgical and radiation procedures that can help and improve the quality of life of sufferers. These can be expensive and risky, but making Trigeminal Neuralgia known, will encourage the main hospitals to provide these procedures to everyone who needs them. The Trigeminal Neuralgia Ireland Support Group, along with the global Trigeminal Neuralgia community, are also petitioning the World Health Organisation to add Trigeminal Neuralgia to their “Health Topics List” which will increase awareness and provide the funding needed to research for a cure.

All approvals will be mentioned on the [TNnME](#) websites, both Irish and worldwide social networks, press releases, newspaper articles and blog posts.

Kindest regards,

Sarah Heavey,
Trigeminal Neuralgia Ireland.