

## PAIN BC IS HERE TO HELP

Pain BC is a registered charity whose mission is to enhance the well-being of all people living with pain through empowerment, care, education and innovation. We offer the following programs and tools to help you develop a holistic, integrated approach to pain management.

## PAIN SUPPORT LINE

Call the Pain Support Line for free information, support and a listening ear to talk about your own pain or that of a family member or friend. We can help you by providing a safe space to talk about pain and its impact on your life, information on community resources including health care, social services and supports, income assistance, transportation, home health support, food, housing, and more. Staff are available to take your calls from Monday to Friday 9 AM – 4 PM.

Toll-free: [1-844-880-PAIN \(7246\)](tel:1-844-880-PAIN)

Email: [supportline@painbc.ca](mailto:supportline@painbc.ca)

Online: [painbc.ca/supportline](http://painbc.ca/supportline)

## LIVE PLAN BE

Live Plan Be is a free online self-management tool that supports you on your pain management journey:

- Learn about the science behind chronic pain
- Keep track of your symptoms and their impacts
- Develop a plan for better pain management and quality of life

Visit [www.liveplanbe.ca](http://www.liveplanbe.ca) today to sign up and start managing your pain, your way.



## COACHING FOR HEALTH

Coaching for Health is a free telephone or video conference coaching program designed to help people living with pain learn self-management skills, regain function and improve their well-being. Accessing the program requires a referral from any licensed medical professional. Visit [www.painbc.ca/coaching](http://www.painbc.ca/coaching) to learn more.

## PAIN SUPPORT AND WELLNESS GROUPS

Pain Support and Wellness Groups are free to attend and offer an opportunity for people living with persistent pain to meet regularly and build a community of support while learning about pain, pain management and coping strategies. Groups meet online twice a month. Visit [www.painbc.ca/supportgroups](http://www.painbc.ca/supportgroups) to register.

## MYCAREPATH

MyCarePath is a free online resource for teens ages 12 - 17. When it comes to pain in kids and teens, early intervention is key. This site gives teens the right information so they can take action and be in charge of their own pain management plan. It was created in collaboration with BC Children's Hospital and the UBC Department of Pediatrics. Visit [www.mycarepath.ca](http://www.mycarepath.ca) to get started.

## ONLINE COMMUNITY

Join us on Facebook and Twitter to connect with thousands of British Columbians who live with lasting pain and know what you're going through.

[www.facebook.com/PainBC](https://www.facebook.com/PainBC)

[www.twitter.com/PainBC](https://www.twitter.com/PainBC)

## PAIN WAVES

Pain Waves is a podcast where listeners can hear leading chronic pain experts and people in pain discuss the latest pain management research, tools, stories, and trends.

Subscribe through iTunes or Spotify or visit [www.painbc.ca/painwaves](http://www.painbc.ca/painwaves).



Are you in pain?  
We can help.



[painbc.ca](http://painbc.ca)

## DOES YOUR PAIN PERSIST?

If your pain lasts three months or longer and affects your quality of life, you are not alone. One in five British Columbians lives with chronic pain.

## THE PAIN SPIRAL

The pain spiral below shows how ongoing pain from injury, surgery, or illness can have an impact on all areas of your life.

Understanding the pain spiral is the first step in breaking it.

## WHY DOES SOME PAIN LAST?

### PAIN IS COMPLEX

Once the body heals from injury, surgery, or illness, nerves may still be engaged and excited; this can cause long-term chronic pain. There is no magic cure for this. Getting your pain under control might require several things including physical therapy, counselling, and possibly medications.

### PAIN IS PERSONAL

What works for one person may not work for someone else. Finding the tools that work best for you can take time, but it's worth it. People who get involved in decisions about their health tend to feel and do better.

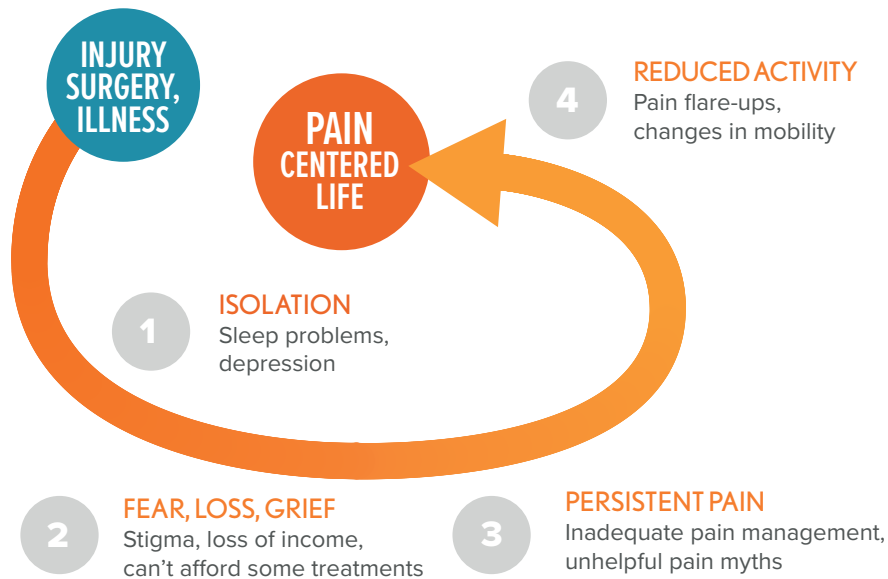
## WHY AM I NOT GETTING THE HELP I NEED?

Until recently, there has not been enough pain research or funding for it in Canada. Many doctors, nurses, and others working in health care don't receive the training they need to assess and treat chronic pain well. This is starting to change.

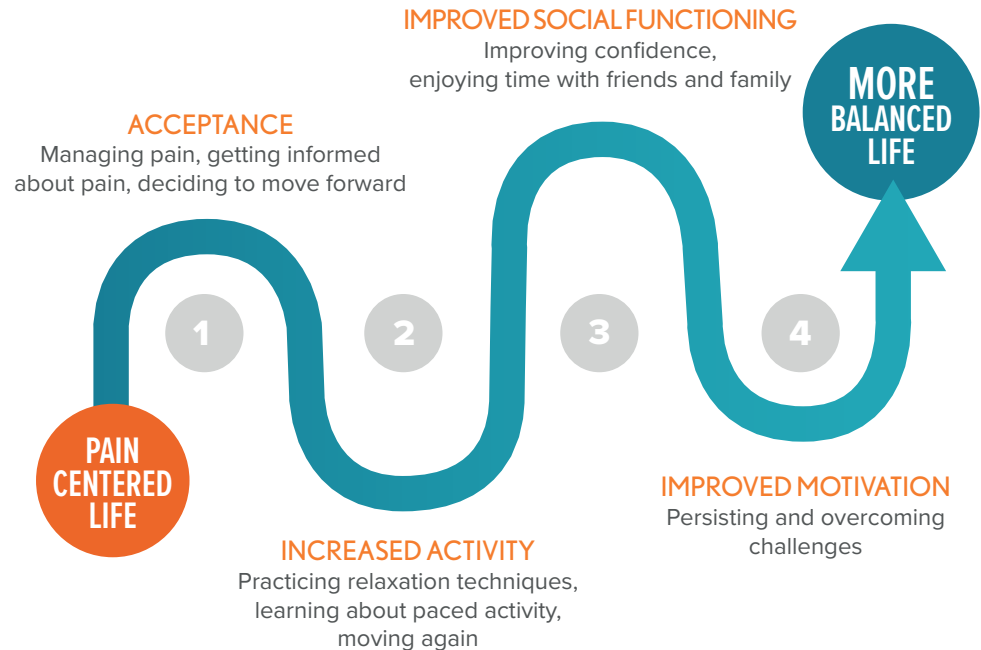
## BREAKING THE PAIN SPIRAL

Breaking the pain spiral is not easy but with support, you can do it. You can return to a life where you feel better and can function once again.

## PAIN SPIRAL



## IMPROVED QUALITY OF LIFE



Everyone's experience of pain is personal. An individual may experience these stages differently and will likely experience times when life is more pain-centred and times when it is not.