



PAIN BC™

PAIN SUPPORT LINE

Are you looking for help to live better
with chronic pain?

Contact the Pain Support Line



The Pain Support Line offers free information,
emotional support and resource assistance
to empower people living with pain
and their loved ones to improve well-being
and advocate for themselves.

www.painbc.ca/supportline



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We know your pain is real. The Pain Support Line can help you by providing:

- A safe and confidential space to talk about pain and its impacts on your life
- Information on community resources
- Information about pain and self-management
- Information about Pain BC resources and programs
- A referral to another Pain BC program

Text or schedule a call with the Pain Support Line

1-833-261-7246 (toll-free)

Leave a voicemail with the best times to reach you

Schedule a call online at

painbc.ca/supportline

The Pain Support Line is available

Monday to Friday, excluding statutory holidays.

Phone inquiries are answered Monday to Friday between 9:00 AM to 4:00 PM, and the text line is available Monday to Thursday from 1:00 PM to 8:00 PM.

All phone inquiries will receive a response within three business days, and text messages will be responded to during text line hours.

Pain BC is a registered charity dedicated to enhancing the well-being of people in pain through empowerment, care, education and innovation.

