



PAIN BC™

PAIN SUPPORT LINE

ARE YOU LIVING WITH PAIN?



CALL THE PAIN SUPPORT LINE

We know your pain is real. We provide free information, support and a listening ear to people wanting to talk about their 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 security, housing, and more
- Help with filling out various forms (eg. disability forms)
- Help finding a physician who is taking new patients
- Information about pain and self-management
- Information about Pain BC resources and programs



GET STARTED

Volunteers are available to take your calls from Monday to Friday 9 AM – 4 PM.

Three ways to connect with us:

Call Toll-Free: 1 844 880 PAIN (7246)

Email: supportline@painbc.ca

Online: painbc.ca/supportline