

Where can I go for help?

Luckily, there is hope. There's a lot you can do to better deal with your pain. Pain BC is a collaborative non-profit made up of people living with pain, healthcare providers, and others with a passion for improving the lives of people living with pain in British Columbia. We provide resources, support, and education to help you.

On our website at www.painbc.ca you will find:

- Workshops to help you better understand and deal with your pain
- Lists of pain clinics and services across BC
- The latest research on pain
- Information on support groups and pain self-management classes (to help you manage pain better) near you
- Our free Connect for Health Program that links you to services and support
- Tools, recommended resources, and more.

Changing pain. Changing minds.

There are many
names for pain.
Whatever **YOU** call it,
there is **hope.**

Make a connection

If you're on **Facebook** or **Twitter**, please join us at www.facebook.com/PainBC and www.twitter.com/PainBC. Connect with thousands of British Columbians who live with lasting pain and who know what you're going through.

If you're not able to visit us on the web, just **dial 2-1-1** from your phone and ask for more information on Pain BC.

Living with chronic pain can be very lonely. It might also stress you out and make you feel sad. If you are feeling hopeless, please don't give up. Call the **Crisis Line at 1.800.784.2433**. There is someone there to take your call, listen, and help you get through this hard time.



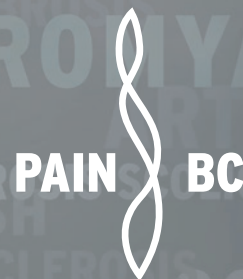
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painbc.ca



Are you in pain?

We can help.



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**

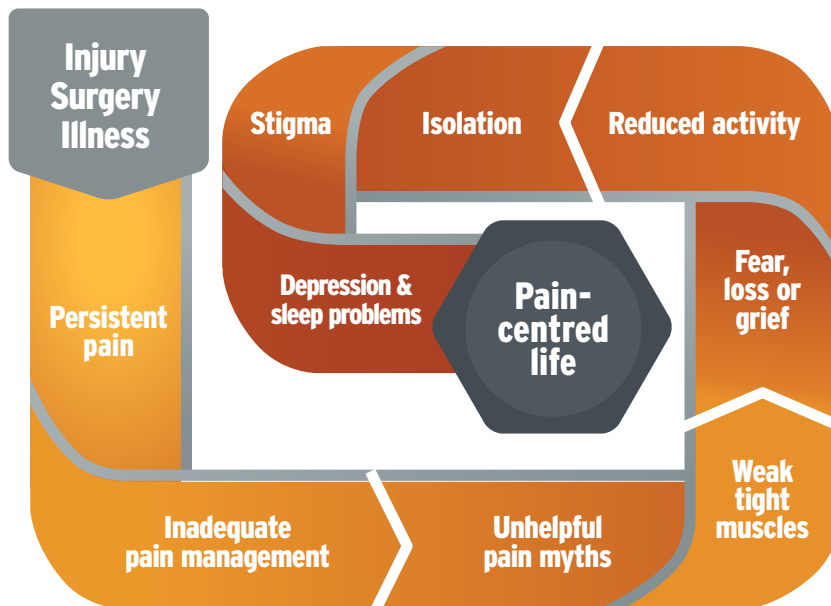
What works for one person may not work for someone else. Finding the tools that work best for you can take time, but it's worth it. People who get involved in decisions about their health tend to feel and do better.

Why am I not getting the help I need?

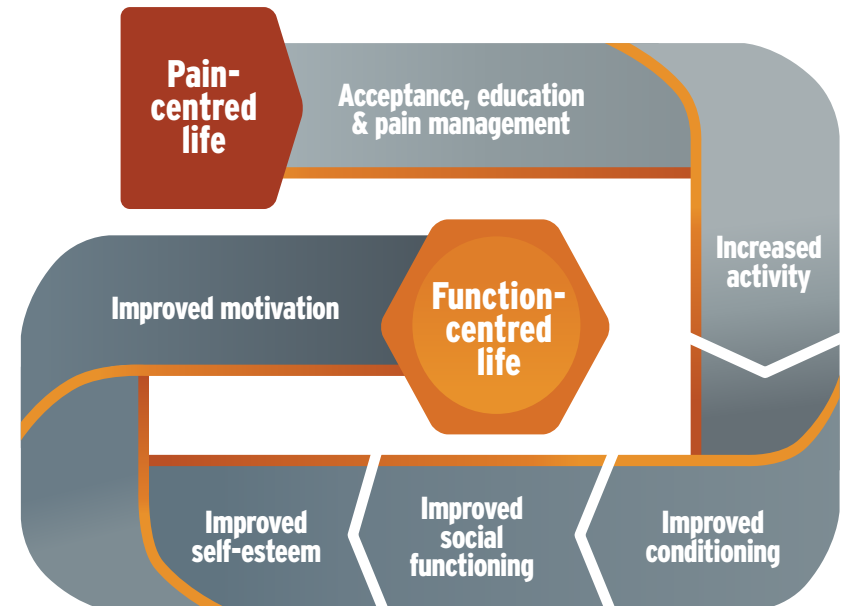
Until recently, there has not been enough pain research or funding for it in Canada. Many doctors, nurses, and others working in health care don't receive the training they need to assess and treat chronic pain well. This is starting to change.

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.



THE PAIN SPIRAL



BREAKING THE PAIN SPIRAL