



**pain**australia

Let's start a  
conversation  
about pain

## Pain is Real

1 in 5 Australians live with chronic pain — that's over 3.6 million people. Pain affects people of all ages, but it's most common in working-age adults and older Australians.



- 1 in 3 people aged over 65 live with chronic pain
- Women are more likely than men to experience chronic pain
- But men are less likely to talk about it or seek help
- Pain is the leading cause of early retirement and lost productivity

Pain is not a sign of weakness — it's a complex medical condition. And it deserves attention, support and treatment.

## Understanding Pain

Pain comes in many forms:

- Acute Pain — short-term, often after injury or surgery
- Chronic Pain — lasting longer than 3 months
- Neuropathic Pain — caused by nerve damage
- Cancer & Palliative Pain — related to illness or end-of-life care

Pain isn't just physical — it can affect all aspects of life how you feel, sleep, your energy, relationships and quality of life.



## Let's Talk About It



Many people with pain feel isolated, judged or dismissed. But talking to your pharmacist, GP or allied health team is the first step toward feeling better.

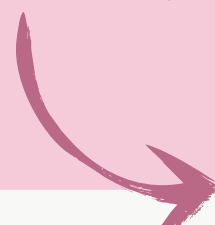
You're not alone — and you deserve support.

## This Pain Week

- ✓ Talk to a health professional
- ✓ Reach out to a support group
- ✓ Know that your pain is real — and help is available



## Where to find Help



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## Where to find Help

### National Info

#### **Painaustralia**

Australia's national voice for people with pain

[www.painaustralia.org.au](http://www.painaustralia.org.au)

#### **Palliative Care Australia**

Support for people with serious illness and their families

[www.palliativecare.org.au](http://www.palliativecare.org.au)

### Therapy, Movement & Exercise

#### **ESSA**

Exercise physiologists helping with chronic conditions

[www.essa.org.au](http://www.essa.org.au)

#### **Feldenkrais Method**

Gentle movement therapy for pain and mobility

[www.feldenkrais.org.au](http://www.feldenkrais.org.au)

### Mental Health Support & Wellbeing

#### **Royal Australian & New Zealand College of Psychiatrists (RANZCP)**

[www.ranzcp.org](http://www.ranzcp.org)

#### **Boost Health Collective**

Online mental health and wellbeing tools

[www.boosthealthlabs.com](http://www.boosthealthlabs.com)

### Bones, Joints & Autoimmune Support

#### **Musculoskeletal Health Australia**

For arthritis, back pain, and other musculoskeletal conditions

[www.muscha.org](http://www.muscha.org)

#### **Australian Rheumatology Association**

Access expert rheumatology care

[www.rheumatology.org.au](http://www.rheumatology.org.au)

#### **MS Australia**

Supporting people with multiple sclerosis

[www.msaustralia.org.au](http://www.msaustralia.org.au)

### Peer Support & Online Tools

#### **The Bucket Foundation**

Education, empowerment and connection

[www.thebucketfoundation.org](http://www.thebucketfoundation.org)

#### **Dragon Claw**

Peer support for autoimmune conditions

[www.dragonclaw.net](http://www.dragonclaw.net)

#### **Mind My Pain**

App to track pain and symptoms

[www.mindmypain.com](http://www.mindmypain.com)

### Find more at:

[www.painaustralia.org.au](http://www.painaustralia.org.au)

Evidence-based information.  
Online tools. Trusted advice.