



painaustralia

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

Palliative Care Australia

Support for people with serious illness and their families

www.palliativecare.org.au

Therapy, Movement & Exercise

ESSA

Exercise physiologists helping with chronic conditions

www.essa.org.au

Feldenkrais Method

Gentle movement therapy for pain and mobility

www.feldenkrais.org.au

Mental Health Support & Wellbeing

Royal Australian & New Zealand College of Psychiatrists (RANZCP)

www.ranzcp.org

Boost Health Collective

Online mental health and wellbeing tools

www.boosthealthlabs.com

Bones, Joints & Autoimmune Support

Musculoskeletal Health Australia

For arthritis, back pain, and other musculoskeletal conditions

www.muscha.org

Australian Rheumatology Association

Access expert rheumatology care

www.rheumatology.org.au

MS Australia

Supporting people with multiple sclerosis

www.msaustralia.org.au

Peer Support & Online Tools

The Bucket Foundation

Education, empowerment and connection

www.thebucketfoundation.org

Dragon Claw

Peer support for autoimmune conditions

www.dragonclaw.net

Mind My Pain

App to track pain and symptoms

www.mindmypain.com

Find more at:

www.painaustralia.org.au

Evidence-based information.
Online tools. Trusted advice.