

# TALKING ABOUT PAIN ISN'T ALWAYS EASY – BUT IT'S AN IMPORTANT FIRST STEP

## CHRONIC PAIN IN AUSTRALIA



Chronic pain affects 1 in 5 Australians, impacting every aspect of life – from work and relationships to mental health and daily activities. It can be invisible, misunderstood, and isolating.

But you are not alone, and your local pharmacist is one of the primary care health professionals who can help.

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## WHY TALK TO YOUR PHARMACIST ABOUT PAIN?

Pharmacists speak every day with people living with chronic pain. They are often accessible and can provide support and advice on pain management and are just a conversation away.



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## YOUR PHARMACIST CAN

- ✓ Help you understand your pain and how different treatments work
- ✓ Provide guidance on safe medicine use
- ✓ Spot potential medicine interactions or side effects
- ✓ Offer advice on managing pain holistically – including lifestyle strategies and referral pathways
- ✓ Support you emotionally – pharmacists understand that pain isn't just physical



## PAIN IS PERSONAL – AND SO IS SUPPORT

Every pain journey is unique. It's okay if you're unsure where to start – even a simple chat about your experience can open the door to better support. Talking to your pharmacist, your local GP or health professional can definitely help.

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## THIS NATIONAL PAIN WEEK, START THE CONVERSATION

You don't have to navigate pain alone. Talk to your pharmacist or your GP – they're here to listen, guide, and help you to manage your pain.

Visit [www.painaustralia.org.au](http://www.painaustralia.org.au) for more pain resources.