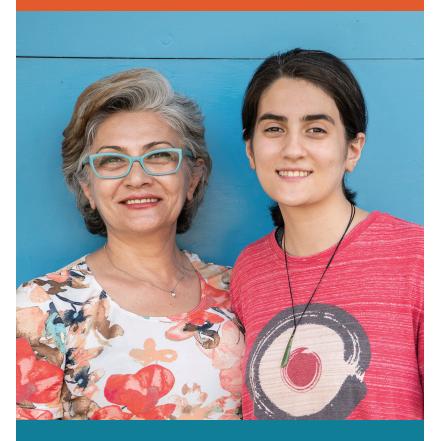


Are you looking for help to live better with chronic pain?

Contact the Pain Support Line



The Pain Support Line offers free information, emotional support and resource assistance to empower people living with pain and their loved ones to improve well-being and advocate for themselves.

www.painbc.ca/supportline



We know your pain is real. The Pain Support Line can help you by providing:

- A safe and confidential space to talk about pain and its impacts on your life
- Information on community resources
- Information about pain and self-management
- Information about Pain BC resources and programs
- A referral to another Pain BC program

Schedule a call with the Pain Support Line 1-844-880-7246 (toll-free)

Leave a voicemail with the best times to reach you

Schedule a call online at

painbc.ca/supportline

The Pain Support Line operates

Monday through Friday from 9:00AM-4:00PM,
excluding holidays, and will respond to you
within three business days.

painbc.ca/supportline

Pain BC is a registered charity dedicated to enhancing the well-being of people in pain through empowerment, care, education and innovation.

