



RETHINKING PAIN

COMMUNITY-BASED
PAIN SUPPORT

Rethinking Pain is a new community-based pain service for people who live with long-term pain, which is pain that lasts for more than 12 weeks.

The friendly Rethinking Pain team will support you to cope with your pain better day-to-day, alongside any clinical care and treatments you receive.

Examples of support are:

- **Understanding what pain is**
- **How to better manage your pain day-to-day**
- **Wellbeing contacts and support from health coaches**
- **Introduction to local free or low-cost support offers around your physical, emotional and social wellbeing including sleep, relationships, mental health, nutrition and exercise**

Rethinking Pain involvement can restore quality of life and support is tailored to meet your individual needs, preferences, circumstances and location.

Once you have been referred by your Doctor, the Rethinking Pain team will be in touch to discuss next steps.



www.rethinkingpain.org



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