



# PAIN BC™ PAIN SUPPORT LINE

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](http://www.painbc.ca/supportline)



# PAIN BC™ PAIN SUPPORT LINE

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](https://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](https://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.

**PAIN**  **BC™**

