



Chronic Pain
AUSTRALIA



FACT SHEET

CHRONIC PAIN AUSTRALIA

“You’re not alone. Join our
online Forum”

Chronic pain support

Living with chronic pain can be a very lonely thing. You may be feeling quite isolated and 'over it' and think that no one really understands your experience. You might even feel that people don't believe you. Many people tell us about these experiences.

Don't despair, you aren't crazy! And you aren't on your own either. Over the years, many volunteers have strengthened us so that we can work towards greater community understanding about chronic pain.

OUR MISSION: To reduce the unnecessary suffering and isolation caused by chronic pain in the Australian community.

OUR VISION: No Australian living with persistent pain should suffer alone or without access to resources and information which help them effectively manage their pain in a manner promoting dignity and self-respect, regardless of age, gender, culture, belief, socio-economic or compensation status.

OUR FORUM: Our online forum provides a safe place for those in the community who suffer chronic pain to talk with others who share their experience. Our moderators monitor the Forum, all of whom experience daily chronic pain. Because of this, there is complete understanding of all who come into this supportive space. These moderators give constant feedback to the Board of Chronic Pain Australia, so that the organisation

remains grounded and in touch with those who suffer in the community, but do not have a voice.

On our forum you will find:

- A place of support for those who suffer the isolation and stigma of chronic pain.
- A place where you will meet people like yourself and can get the moral support you need to validate your experience as you travel along your pain journey.
- A safe place where your voice can be heard & listened to.

To join the Chronic Pain Australia Forum go to:

www.chronicpinaustralia.org.au

Once you've registered, don't forget to check your email for the activation email. Then log in and start posting!

Remember

You're not alone. The Chronic Pain Australia online forum provides a safe & supportive place for those living with chronic pain, 24 hours a day, 7 days a week.