

MANAGING CHRONIC PAIN WHO CAN HELP ?

PROGRAM LOCATIONS

Western Australia

- [Persistent Pain Program \(WA Primary Health Alliance\)](#)

Arche Health

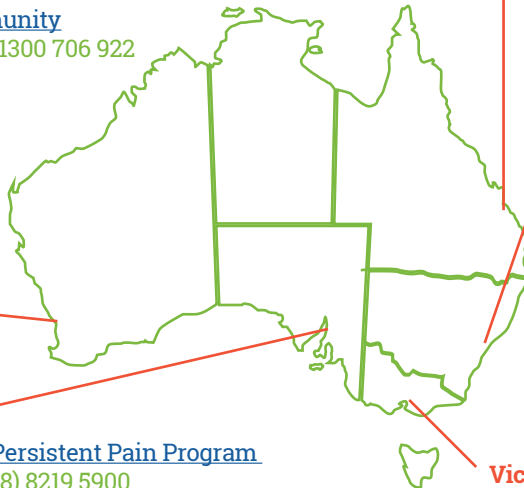
ppp@archehealth.com.au
or (08) 9458 0545

Black Swan Health LTD

info@blackswanhealth.com.au
or 1300 820 398

360 Health + Community

info@360.org.au or 1300 706 922



South Australia

- [Living Well with Persistent Pain Program \(Adelaide PHN\)](#) (08) 8219 5900
Central Western Adelaide region
painprogramwest@adelaidephn.com.au
or 0450 539 733
Northern Adelaide region
pnorth@adelaidephn.com.au or (08) 8354 9800
- Supporting people from culturally and linguistically diverse communities to manage persistent pain (Adelaide PHN)
H.Radford@sttars.org.au

Queensland

- [Turning Pain into Gain Program \(Gold Coast PHN\)](#)
- [Early Intervention Subacute Pain Program \(Gold Coast PHN\)](#)

tpigpainprogram@painwise.com.au
or (07) 5635 2455

New South Wales

- [Chronic Pain Management Program \(South Eastern NSW PHN\)](#) info@coordinare.org.au
or 1300 069 002
- [Community Chronic Pain Program \(Nepean Blue Mountains PHN\)](#) Kate.Tye@nbmphn.com.au
or (02) 4708 8100
- [Community Chronic Pain Management Program \(Western NSW PHN\)](#)
marijka.brennan@wnswphn.org.au
or michele.pitt@wnswphn.org.au
or (02) 8811 7100

Victoria

- [Chronic Pain Management Service \(North Western Melbourne PHN\)](#) service.access@merrihealth.org.au
or jesse.osowicki@nwmphn.org.au or (03) 9347 1188
- [Living Well with Pain \(North Western Melbourne PHN\)](#)
livingwellwithpainfootscray@cohealth.org.au
or jesse.osowicki@nwmphn.org.au or (03) 9448 5521

DID YOU KNOW...

Primary Health Networks (PHNs) are delivering community-based pain programs across Australia.

These programs help consumers to better understand their pain condition; equip them with the tools to self-manage their pain; and improve their quality of life through group-based education and individualised support.

These programs are comparable to programs delivered in hospitals, which often have long wait lists.

HELPING YOU AND YOUR HEALTHCARE PROVIDER TO FIND PROGRAMS TO BETTER MANAGE CHRONIC PAIN.

Programs for adults are running in the following catchment regions:

The information in this factsheet was collected from PHNs about pain services in early 2021. Data on any programs in the Northern Territory, Australian Capital Territory and Tasmania was not available at the time of publication.

Common Topics covered include:
Understanding pain, medications, physical activity, nutrition, sleep, thoughts and emotions, goal setting and managing flare ups.

In most cases, you are referred to these programs by your GP.

Programs vary in duration from 4 weeks up to 6 months and most programs include pre-screening activities and assessment.

PROGRAMS ARE PROVIDED TO CONSUMERS AT NO COST.