

Pain Resources to Help You When You Get Home

Fraser Health Community Pain Program



Ask your family doctor or nurse practitioner about referring you to our Community Pain Program. This program focuses on your pain care, and provides connections to pain resources. It can help you take control of your pain, and improve your health and quality of life. Visit fraserhealth.ca/healthpain for information on the program.

Pain BC - Support Line



Call the Pain BC Support Line to talk about your pain experience. You can also call if you are supporting a family member or friend who has pain.

The Pain BC Support Line can help connect you with information, emotional support and assistance with resources, both online and in your community.

The Pain BC Support Line can also help connect you with the following:

- housing supports
- legal and advocacy support
- mobility and adaptive equipment
- income assistance
- transportation
- food security
- home care
- social support

Call 1-844-880-PAIN (7246) or visit painbc.ca/supportline.

To find a family doctor



For help with finding a family doctor or nurse practitioner, see our pamphlet [Finding a Family Practitioner](#) (or go to patienteduc.fraserhealth.ca and search “find family doctor”).

If you need to see a doctor but don't have a family doctor



You can connect to a health care provider at Fraser Health Urgent and Primary Care Centres (UPCC). Visit fraserhealth.ca/urgentcare for more information about a UPCC in your community.