

I need help now

Pain Link Helpline

300 340 357

painmanagement.org.au

This is a call-back service. A support worker will call you back between Monday to Friday, 9am to 5pm.

MSK (Musculoskeletal Australia)

Helpline: 1800 263 265

msk.org.au/help-line/

Email: helpline@msk.org.au

Monday to Friday, 9am–5pm

Run by nurses and trained volunteers

NURSE-ON-CALL

1300 606 024

healthdirect.gov.au/nurse-on-call

Online resources

MindSpot Pain Course

mindspot.org.au/pain-course

A free eight-week online course to learn how to manage the impact of pain on your mental and emotional health.



The Power Over Pain service is supported by the Victorian Government.

IPC Health Corporate Office

106 Station Road
Deer Park VIC 3023
PO Box 171 Deer Park VIC 3023

ACN 136 685 151

ABN 68 846 923 225

Deer Park

106 Station Road
Deer Park 3023

St Albans

1 Andrea Street
St Albans 3021

Sunshine

Level 1, 499 Ballarat Road
Sunshine 3020

Altona Meadows

330 Queen Street
Altona Meadows 3028

Hoppers Crossing

117–129 Warringa Crescent
Hoppers Crossing 3029

Wyndham Vale

510 Ballan Road
Wyndham Vale 3024

1300 472 432

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ipcHealth

Power Over Pain



What is Power Over Pain?

Power Over Pain is an IPC Health service that can help you take back power over your pain by:

- linking you to other services and local support groups
- providing education
- having a pharmacist review your medication
- helping you get the most out of your health care team
- providing opportunities for social connection through local social groups and activities

What to expect

At your appointment, you will be able to share your story with one of our wellbeing coordinators. Together, we will complete an individual assessment to discover your needs and goals.

We will help you find ways to manage your pain better so you can do more of the things you enjoy.



Who is Power Over Pain for?

Power Over Pain is for adults aged under 65 who live in the City of Brimbank and live with chronic pain.

How do I book an appointment?

Clients can self-refer to the program by calling **1300 472 432** or by emailing us at **poweroverpain@ipchealth.com.au**.

Is there a fee?

A fee may apply for this service. To learn more, please contact our Client Services team.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

