

I need help now

Pain Link Helpline

1300 340 357
painmanagement.org.au

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

MSK (Musculoskeletal Australia)

Helpline: 1800 263 265
msk.org.au/help-line
Email: helpline@msk.org.au

Monday to Friday, 9am – 5pm
This service is 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 8-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

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

W ipchealth.com.au
E ipchealth@ipchealth.com.au

f IPC Health **in** IPC Health **X** IPHealth_au

ipCHealth

Power Over Pain



Our Power Over Pain service can help you take back power over your pain.

This includes:

- 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 can use this service?

Power Over Pain is for people aged under 65 years with chronic pain living in Brimbank.

How do I book an appointment?

Call us on 1300 472 432 or email poweroverpain@ipchealth.com.au.

Is there a fee?

A fee may apply for this service. To learn more, please contact our Client Services team on 1300 472 432.

Can I have an interpreter?

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

