



**Ask your doctor for a referral**

**Cost free service**

## What does the chronic pain service provide?

### Individual appointments as required with:

- Senior Pain Physiotherapist
- Pain Psychologist
- Care Coordinators
- Pain consultant doctor
- Referral to other Merri Health professionals or groups such as: dietitian, aquatic or exercise groups (fees may apply)

### Available group sessions:

- Two-hour introductory 'Understanding Pain' education session (UPS)
- Six-week 'ReConnect Pain Management Program' (rPMP)
- 'Five Weeks with Mindfulness Meditation' group program

## What can I expect?

- To take an active, lead role in your pain recovery

*Passive treatments such as hands-on therapy may provide temporary relief, but evidence shows that an active, skills- and movement-based approach has more success in the long term*

- An individually tailored journey through our service to best address your physical, mental, emotional and social needs. You will learn about pain, and pain management skills and strategies, and be coached in how to apply them actively to your life
- Completion of entry and exit clinical questionnaires



Visit the website for more information:  
[Merri Health | Support to help you manage persistent pain](#)

