

Our Mob

Look after your mind, body and spirit to manage pain

YOU CAN CHANGE your pain

How to get off medications?

You can't see it, but it's real.

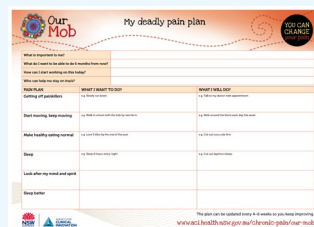


Pain killers can be helpful for new (acute) pain, but when you have chronic pain:

- They can control your life
- Sometimes you can become dependent
- Sometimes they make you really sick
- Sometimes they make it hard to think
- Sometimes they make you really sad
- Sometimes they make pain worse.

What can you do?

- Make a **DEADLY Pain Plan**



www.aci.health.nsw.gov.au/_data/assets/pdf_file/0018/406521/OurMob_HealthPlan_Fillable_Form_ACI161214.pdf

- Talk to a health worker, pharmacist or doctor
- Know what pills you are taking
- Do not stop suddenly
- Come off slowly with your doctor's help
- Don't share or give to others
- Use your other ways to deal with pain
- Have support in place
- Tell your family.

For more information about medications [click here](#).



www.aci.health.nsw.gov.au/chronic-pain/our-mob

