



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/OurMobHealthPlan_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](#).



AGENCY FOR
CLINICAL
INNOVATION

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

Published Mar 2018. © State of NSW (Agency for Clinical Innovation)