

www.flippinpain.co.uk

www.livewellwithpain.co.uk

The clinical health psychology website



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Psychological support for people with chronic pain

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is chronic pain?

Chronic pain is defined as pain that lasts for more than three months. Chronic pain could occur after surgery, or injury but persists after the normal healing process is complete. Chronic pain can also occur with no obvious initial injury or event. It is also a common feature of conditions such as fibromyalgia syndrome.

Living with chronic pain

Living with chronic pain can be challenging. It can impact many aspects of everyday life and have physical, psychological and social effects. For example:

- Being less able to do things e.g. working, socialising, everyday activities, getting out, hobbies and exercise.
- Difficult emotions e.g. low mood, depression, anxiety, frustration, anger, guilt and shame.
- Changes in relationships and sense of self e.g. being more irritable with others, needing support from others, saying no to doing things for or with others and others expecting you to do things you may now struggle to do.

How can psychology help

A psychologist can help understand and manage the distress that happens because of the pain. They understand that the pain is real and alongside the pain, there is psychological distress. They understand the impact that being in chronic pain can have on psychological wellbeing and quality of life. They can offer practical tools and coping strategies to help live well despite the pain. They cannot cure pain, but can help you to adjust to living with and reduce the impact of chronic pain.

Accessing psychology

You can discuss with your pain healthcare professional, or your GP about being referred to the Clinical Psychology Service. Once referred, you will be offered an assessment session in which you will be asked about your current difficulties, your experience of living with chronic pain and the impact this is having on your quality of life. Together, you will agree a plan about what intervention will be best for you. This could be group pain management, or individual pain management sessions. Occasionally we think another service would be more appropriate and we signpost you to them.

Group pain management involves attending weekly sessions at Whiston Hospital over 12 weeks. Further details can be found in our pain management programme leaflet.

Individual pain management sessions can be via video, telephone or in person at St Helens Hospital (determined by your circumstances and preferences).