

## Australian Pain Management Association (APMA)

### PAIN LINK HELPLINE **1300 340 357**

APMA's **Pain Link** telephone helpline **1300 340 357** can be contacted for the cost of a local call. Staffed by volunteers who live with persistent (chronic) pain themselves, support is only a call away. Don't suffer alone.

APMA's volunteer staff are available to take calls from 7 am to 7 pm, Monday to Friday. Outside of these hours callers reach a voice-mail service and can leave a message, which is returned within 24 hours.