

Manage your pain

Mission Australia Return-to-Work Solutions



Mission Australia

Employment
Solutions

The Mission Australia 'Manage your Pain' program provides you with short term assistance to help you manage your pain and return to work.

The program is designed to help you:

- Learn strategies and techniques to help you cope with pain
- Understand your own beliefs towards pain and adjust your attitude
- Develop an exercise program including stretches and strengthening exercises you can perform at home
- Assist with your motivation and help you maintain positive changes.

Research over the past twenty years has shown that there are a number of strategies you can use to better manage your pain and reduce the effect it has on your life.

If you'd like further help with your pain problems, talk to your Employment Consultant and ask them to refer you to the 'Manage your Pain' program.

To find out more about the 'Manage your Pain' program, visit our website www.employmentsolutions.com.au/returntowork



Contact us

If you have any questions, please contact us on 1300 449 585.
We'll do our best to help.

www.employmentsolutions.com.au/returntowork



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