

Chronic pain and your emotional wellbeing

Chronic pain can have a big impact on all areas of our lives. Because of this, many people often find they start to struggle with their emotional wellbeing as a result.

Anxiety and depression are really common in people living with chronic pain — for understandable reasons. Poor emotional wellbeing is one of the things that can make pain worse and much more difficult to manage.

MindSpot's Pain Course is therefore also designed to help people manage the impact of pain on their emotional wellbeing alongside its impacts on their lives.



Start your journey today

Visit mindspot.org.au for a free online assessment.

mindspot.org.au



If you have any questions about our service, please call 1800 614 434



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Online Psychological Pain Management for Chronic Pain

MindSpot can help.



What is pain?

Pain is a very complex phenomena and our experience of pain is influenced by many things. However, the purpose of pain is to let us know something may be wrong, that we may need to be careful and that we might need to get medical treatment.

Chronic pain

Chronic pain is any pain that is present on most days and has been experienced for six months or more. Chronic pain can occur after an injury, medical treatment or as a consequence of a disease. It can also occur without a clear reason.

Many people with chronic pain face significant challenges and difficulties trying to manage their pain, which can significantly affect their day-to-day activities and emotional wellbeing.

Managing the impacts of chronic pain

Psychological pain management programs have been proven to make a big difference for those with chronic pain. Because of this, most specialist pain management services offer pain management programs. The goal of pain management programs are to help people manage the impact of their pain on their day-to-day life and emotional wellbeing, so they can be as active as possible and enjoy life as much as possible — despite pain.

MindSpot's Pain Course

MindSpot's Pain Course is an online psychological pain management program which can be done from the comfort of your own home. The course is provided with regular telephone support from a MindSpot therapist.

It is not designed to 'cure' or 'treat' pain, but teaches skills and provides support to manage the impacts of chronic pain.

MindSpot's Pain Course is suitable for adults aged 18+ whose pain has been assessed and is being managed by a doctor. The course is designed to provide the same information and teach the same skills as are taught in specialist pain management services.

What does the course involve?

The Pain Course consists of five online lessons over an eight-week period. It provides essential information and teaches practical self-management skills to help you:

- Understand chronic pain and the things that can impact pain.
- Manage levels of day-to-day physical activity safely and confidently, despite pain.
- Manage the impacts of pain on your emotional wellbeing and quality of life.

Getting started with MindSpot

Accessing support through MindSpot is simple:



Complete an online assessment

Start your journey with MindSpot by completing our free, online assessment to learn more about your mental health. Your results will be instantly available on your dashboard.



Understand your symptoms

Access your results via your dashboard and book a consultation with a MindSpot therapist to discuss your assessment results, suitable treatment options and enrol you into a treatment course.



Start your treatment

You are ready to start your treatment. A welcome email will be sent to you on your first day with instructions on how to get started. Your therapist will also be in touch to help guide and assist you throughout your treatment.

