

Chronic pain

Find information and support to help you understand and manage chronic pain. Learn about self-management, available support and services, and resources available to help you live well with long-term pain condition.

Who is this page for?

- **People living with chronic pain** – to provide information and signposting to help in the management of chronic pain
- **Health and Social Care professionals** – to access regional guidance and shared resources
- **Partner organisations** – to understand the role of the Public Health Agency in chronic pain

What is chronic pain?

This section does not apply to cancer related pain.

Around 1 in 5 people in Northern Ireland live with chronic pain. Chronic pain is a major health issue and is often linked to wider health inequalities.

Chronic pain is pain that lasts for more than three months and continues after an injury or illness would normally have healed. Unlike acute pain, which is a normal response to injury and usually improves as the body recovers, chronic pain can persist for longer and can be more difficult to manage.

This video explains the difference between acute and chronic pain and provides information on ways to manage chronic pain - [click here to watch the video](#).

Looking for support to manage long-term pain?

Find local self-management programmes and support available in Northern Ireland.

- [Better Days Pain Support Programme by Healthy Living Centre Alliance](#)
- [Self-management courses offered by Arthritis UK Northern Ireland](#)
- [10 ways to reduce chronic pain - NHS UK](#)
- [Long-term pain - DOH/HSCNI Strategic Planning and Performance Group \(SPPG\)](#)

How does the PHA support this work?

The PHA is working to reduce these health inequalities and support people living with chronic pain through:

- Conducting Health Needs Assessments to identify priority areas and populations.
- Developing and strengthening partnership working across health, social care, community, and voluntary sectors.
- Supporting community partners to design and deliver self-help and wellbeing programmes that empower individuals and communities to improve their health.

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