Website: www.painreliefwa.org/

The Relief Pain Hub is a free, easy-to-use website **created by pain experts** and **healthcare professionals**. It is designed to help people living with pain learn new ways to manage their pain and improve their functioning.

What You'll Find on the Pain Hub

Access practical, science-based tools and resources for managing pain. The site includes helpful modules in key areas to support pain management. Even when pain can't be completely cured, there are proven ways to reduce its impact and help you feel more in control.

PAIN MANAGEMENT RESOURCES

- ACUTE & CHRONIC PAIN
- TYPES OF PAIN
- HEALTHY LIVING
  - Sleep
  - Nutrition
  - Social Support
- MEDICAL INTERVENTIONS
  - Medical & Physical Approaches
  - Medications
  - Supplemental Health Products
- MOVEMENT THERAPIES
  - Activity Pacing
  - Exercise
  - Physical Therapy
  - Yoga
  - Tai Chi
- PAIN COPING MECHANISMS
  - Acceptance & Commitment Therapy
  - Cognitive Behavioral Therapy
  - How to Select a Therapist
  - Managing Emotions

Assessment, Tools, and Forms

These modules empower site visitors through self-assessment of pain and related outcomes, structured goal setting, progress tracking, and adoption of varied pain management techniques.

Opioid Safety

The site provides important information about the benefits and risks of opioids for pain, opioid overdose and the use of Narcan. It explains opioid use disorder and treatment resources.

Why Use This Site?

Poorly managed pain can affect your sleep, mood, relationships, and ability to do routine activities. The Pain Hub is based on research and designed for everyday life. Information on the site is not intended to serve as treatment or as a replacement for medical care, but it provides tools you can use to help reduce pain's control over your life.

How to Get Started

Visit the Pain Hub website at PainReliefWA.org and explore the sections that are most helpful to you.

Resources and Education Leading to Improved Pain Care Equity For Washingtonians (RELIEF)
Funded by: Washington State Health Care Authority