

How can the Greater Glasgow & Clyde Pain Management Service help you?

Unfortunately there is no fix or cure for chronic pain

We will focus less on ways to reduce your pain and more on helping you live better with pain

We offer a group session as a first appointment to give you more details about what we do

We will listen to you and learn about your experience

We also offer group programmes where you can practice how to manage your pain and meet others who are in a similar situation

We aim to help you live as well as you can with the pain



We will ask "what is important to you?" and "what are your best hopes?"

We can help reduce the disability and distress that pain causes

You may meet other members of our team – doctors, nurses, physiotherapists, psychologists, occupational therapists, pharmacists

☎ 0141 347 8005

☎ 0141 355 1491

📄 Please visit our website for more information or scan the QR code
🌐 www.nhsggc.org.uk/chronicpain