

GET INVOLVED

7 Ways to Make a Difference This Pain Awareness Month

All Ages. Countless Diagnoses. Millions of Stories. One Movement.

This September, help us build **#OneVoiceForPain**.

You don't have to do everything to make a difference. **Choose one action—or as many as you'd like—and help increase awareness, understanding, connection, and change for people living with pain.**

① READ. SHARE. AMPLIFY.

Follow [U.S. Pain Foundation](#) throughout September for new articles, data, personal stories, resources, and educational content. **Read what speaks to you. Share it. Start a conversation. Every post you share helps more people understand the realities of pain—and brings greater visibility to an often-invisible experience.**

② TELL YOUR STORY

Your unique experience has power.

Share your story on social media, submit an op-ed to your local news outlet, or [send U.S. Pain Foundation an idea](#) for a blog or feature.

Your voice may help someone feel seen, challenge a misconception, or inspire change.

③ BRING AWARENESS TO YOUR COMMUNITY

Order free [U.S. Pain Foundation educational materials](#) and share them with a doctor's office, school, workplace, library, support group, or community organization. **One resource can connect someone to information and support they didn't know existed.**

④ SHOW UP

Join one of our **free virtual [Pain Awareness Month events](#)**.

Register. Attend live. Invite someone to join you. Watch the recording. Share what you learned.

Every person who shows up helps strengthen the collective voice of the pain community.

⑤ BUILD CONNECTION

Join one of U.S. Pain Foundation's [online peer support groups](#)—or tell someone with pain about them.

Connection can be a powerful part of living well with pain.

No one should have to navigate pain alone.

⑥ SPEAK UP FOR CHANGE

Use your voice to advocate for better pain care, research, access, and understanding.

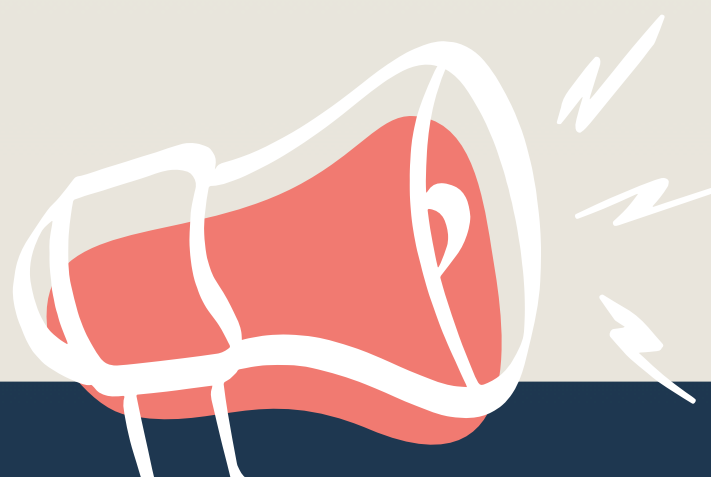
[Sign up for U.S. Pain Foundation advocacy alerts](#) and take action when policies affecting people with pain are being considered.

Policymakers need to hear from the people whose lives are directly affected.

⑦ LISTEN. BELIEVE. VALIDATE.

Reach out to someone living with pain. Ask how they're doing. Listen without judgment. Believe what they tell you.

You are seen. You are heard. You are believed.



HOW WILL YOU ADD YOUR VOICE?

YOUR VOICE CAN MAKE A DIFFERENCE.

Choose one. Choose seven. Just choose to be part of the movement.
Join us this Pain Awareness Month and find all the ways to get involved:

- ☐ Read and share
- ☐ Tell your story
- ☐ Share resources in your community
- ☐ Attend an event
- ☐ Build connection
- ☐ Advocate for change
- ☐ Listen and believe

uspainfoundation.org/painawarenessmonth



#OneVoiceForPain