GET TO KNOW

U.S. PAIN FOUNDATION

Empowering people with pain. Elevating the patient voice. Driving change.

Education • Community • Patient insights • Advocacy



WHO WE ARE + NATIONAL REACH

U.S. Pain exists to empower, educate, connect, and advocate for people living with pain, their care partners, and healthcare providers.

Through free resources, peer support, patient insights, and advocacy, we help people navigate life with pain and support the healthcare professionals who care for them.

36,602 mailing list members

223,300+ social followers

7,033 advocates signed up for Action Alerts

2025 Impact

845	13K+	60K+	6.9K+	15+
peer support meetings	peer support attendances	educational materials distributed	advocacy participants	medical & professional conferences

OUR CORE VALUES

–Chronic pain has **enormous consequences** for individuals, families, and society at large.

–Chronic pain is a **disease in and of itself**, with biopsychosocial implications.

–Chronic pain is **widely misunderstood, overlooked, and underfunded** relative to its impact.

–Each person with chronic pain is unique; **there is no one-size-fits-all approach** to treatment.

–Patients should have **affordable, equitable access** to a full array of multidisciplinary treatment options.

A PLATFORM BUILT AROUND LIVED EXPERIENCE

1 Educate

Guides • Webinars • Tools • Condition-specific resources

2 Connect

Peer support • Specialized & affinity groups • Trained volunteer leaders • Camps and retreats

3 Listen

Surveys • Patient engagement • Research collaboration

4 Mobilize

INvisible Project • Pain Awareness Month • KNOWvember • Patient stories

5 Advocate

Federal policy • State policy • Volunteer advocate trainings • Coalition leadership

WHY THIS MATTERS:

People living with chronic pain need more than treatment alone. They need trustworthy information, peer support, opportunities to connect with others, and a voice in decisions that affect their care. U.S. Pain helps address these needs while bringing patient experiences and insights to healthcare, research, and policy discussions.

TURNING COMPLEX PAIN ISSUES INTO ACCESSIBLE EDUCATION

- Guides, webinars, videos and one-page tools (both broad and condition-specific)
- Resources designed around the questions people actually bring to us
- *INvisible Project*: lived experience brought to life through storytelling, photography, and education



SUPPORTING INDIVIDUALS THROUGH EDUCATION

Free resources to share with patients and families

- **Living Well Guides:** Adults, teens, and children
- **Self-Management Tools:** Pacing, pain tracking, and appointment preparation
- **Educational Webinars:** Practical strategies for living with pain
- **Condition-Specific Resources:** Guides and INvisible Project patient stories



PEER SUPPORT: COMMUNITY CONNECTION THAT BUILDS LEADERSHIP

National + Daily Groups
monthly themes

Available to anyone with pain; meetings follow

State-based Groups
engagement

Build local community and create pathways for

Specialized + Affinity Groups
experience

Support specific communities, needs, and lived

Volun[illegible]der Trainin

Equips people with lived experience to support others

SUPPORT → EDUCATION → LEADERSHIP → ADVOCACY

YOU ARE NOT ALONE

FREE ONLINE PEER SUPPORT



Learn From Others

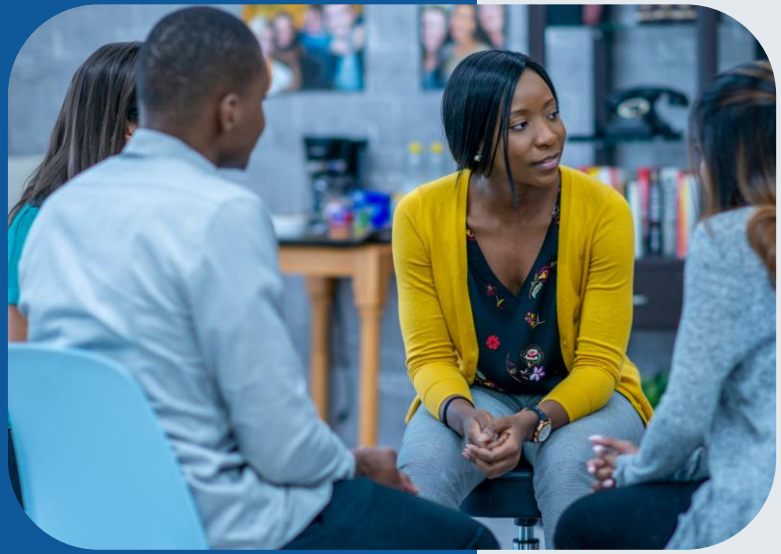
Share Experiences

Feel Understood

U.S. PAIN FOUNDATION

SUPPORT GROUPS

Pain Connection is a program of the U.S. Pain Foundation that offers support group meetings all month long – painconnection.org.



National

Available to anyone with chronic pain and meetings relate to a monthly theme or topic.

State-based

Find and develop a local community of support.

Specialized & Affinity

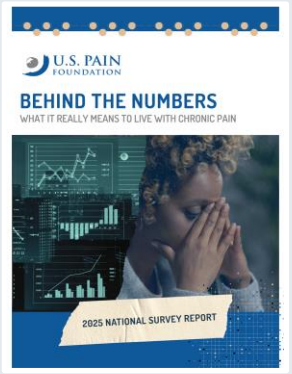
Provide monthly groups for specific populations to connect.

PATIENT VOICES + REAL-WORLD INSIGHTS

Most recent survey: how people with pain use and navigate OTC pain medications

3,012 **2,474 adults with pain + 538 caregivers**

- **56%** adults with pain use OTC pain relievers at least daily
- **90%** say non-opioid options for pain are important
- **29%** received no OTC guidance from a healthcare professional in the prior year







How We Use Data: Identify unmet needs → Shape education → Support advocacy → Inform research conversations.

NATIONAL CAMPAIGNS

2026 Pain Awareness Month Theme:

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

#OneVoiceForPain



Stories • Education • Data • Advocacy

A national campaign that turns awareness into education, advocacy, and action.

TURNING PATIENT VOICES INTO POLICY CHANGE

Federal Research • Access • Innovation • Coverage

State Comprehensive pain care • Treatment access • Payer policy

Building Advocates Advocacy training • Action alerts • Lived-experience leadership

Collaboration Coalitions • Professional societies • Policymakers • Federal agencies



Current Examples

- Advancing Research for Chronic Pain Act
- Relief of Chronic Pain Act
- State multidisciplinary pain coverage initiatives
- Sept. 9 Congressional briefing

Where We Can Align

Patient insights • Plain-language education • Stakeholder convening • Policy engagement

LEARN MORE

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