

## Action on Pain

Action on Pain provide support for people affected by chronic pain, either as a sufferer or a carer/relative. They run a helpline, support groups and offer a range of information publications.

Last updated: April 25, 2022

---

**Telephone:** 0345 603 1593

**Telephone note:** PainLine - Leave a message if no answer

**Telephone 2:** 01553 828 926

**Telephone 2 note:** answer machine out of hours

**Website:** [www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

**Email:** [painline@action-on-pain.co.uk](mailto:painline@action-on-pain.co.uk)

**Opening Hours:** Mon to Friday 10am to 4pm

**Cost:** Free

**Address:**  
2 Mill Close  
Terrington  
St Clement  
Norfolk  
PE34 4JG

---

## Related Articles

[Acupuncture](#)

[Chronic pain](#)

[Living with a long-term health condition or disability](#)

[Support Groups](#)