

Chronic Pain and Mental Health

1 in 4 U.S.
adults live with
chronic pain



Chronic pain
looks different for
everyone,
including arthritis
or headaches



Those with
chronic pain are
4x more likely to
have depression
or anxiety



- Those living with chronic pain are at a greater risk for developing mental health problems, including depression and anxiety. Chronic pain can also impacts sleep and stress levels, all of which may affect depression.
- Chronic pain and mental health disorders are intertwined, as both build on and compound on each other. Mental health disorders and chronic pain have biological mechanisms in common, which contribute to the connection.

How to discuss the topic with employees – let alone help.

- 1) Be ready to support employees by listening, but not by pressuring them to reveal health details
- 2) Focus the organization on preventing work-related pain
- 3) Design jobs with both autonomy and skill variety in mind
- 4) Allow flexible work
- 5) Increase chronic pain management resources in their company

Resources for supporting the mental health, well-being and resilience of those who are dealing with chronic pain

- "Living With Migraine," available as a print resource ([order here](#)) and a [digital booklet](#).
- "Living Well with Chronic Pain: For Teens" is now available in English and [Spanish](#)! You can [order](#) a print copy, or download the [digital booklet](#).
- [U.S. Pain Foundation: The Light at the End of the Tunnel: Finding Hope Through Volunteering](#)
- [U.S. Pain Foundation: Restarting the GPS: How Volunteering Can Enhance Your Life](#)
- [Humana Neighborhood Center: Building Resilience Skills In Life with Chronic Pain](#)