Other Ways to Manage Chronic Pain

50 million Americans live with chronic pain. Prescription painkillers are highly addictive. There are other ways to treat pain. Other options include:

- Ibuprofen or acetaminophen
- Exercise therapy, weight loss
- Injections, electrical stimulation, etc.
- Talk Therapy

Talk with a healthcare provider about the best options for you.

Learn more:

DMHAS: Prescription Drugs and Heroin Prevention & Treatment Resources

CT.GOV/DMHAS/NPWRResources

For prescription opioids or heroin addiction treatment call:
1.800.563.4086

#ctpreventionweek