

European Day on Pain Awareness

European Pain Awareness Day takes place on 15 October 2025 and aims to increase understanding and awareness of chronic pain.

150 million

people are impacted by chronic pain. Pain is the main reason for seeking healthcare and the leading cause of disability and reduced quality of life.



1 in 5 adults in Europe live with chronic pain

What Is Pain?

Pain is a subjective, unpleasant sensory and emotional experience.

Pain is influenced by biopsychosocial factors.

Chronic pain is defined as pain lasting longer than 3 months.



Why Prevention?

Early action reduces pain's impact, improves health equity & supports sustainable healthcare.

Prevention can break cycles of disadvantage and boost quality of life for millions.



What Needs to Change?



Health Practitioner:

Train in early detection & prevention



Policymakers: Invest in long-term solutions



Public: Access to education & support