

PAIN 101 RESOURCE LIST

	PAIN RESOURCES	INFORMATION
Pain Management Books	<p>The Pain Survival Guide – Frits Winter and Dennis Turk</p> <p>Living Beyond Your Pain – Joanne Dahl</p> <p>The Fibromyalgia Help Book – Jenny Fransen and I. Jon Russell</p>	Prefer paper to technology? These are the pain management books we recommend most often.
Pain BC	<p>www.painbc.ca 1-844-880-PAIN (pain support line)</p> <p>PainWaves podcasts</p> <p>LivePlanBe online self-management tool</p> <p>Coaching for Health</p>	Excellent pain management resource that includes research updates, articles, videos, webinars, podcasts, patient stories, telephone support etc. Want to learn more about the issues discussed in Pain101? This is a great place to start.
Chronic Pain Web Resources	<p>Fibromyalgia & Chronic Pain Assoc.</p> <p>The American Chronic Pain Assoc.</p> <p>Arthritis Society</p> <p>Living Healthy Champlain/Ontario Chronic Pain Network webinars (Live + Archived)</p> <p>TAPMI Pain U</p>	<p>www.fmcpaware.org www.theacpa.org</p> <p>www.arthritis.ca</p> <p>Webinars & workshops on Managing Pain, Mental Health, etc. Overcoming fatigue, Staying Active, Arthritis & Work, Daily Living, Mental Health & well-being</p> <p>https://www.livinghealthyhamplain.ca/en/workshops</p> <p>https://www.gotostage.com/channel/livinghealthyhamplain</p> <p>Online modules about various topics related to chronic pain. An excellent resource</p>
Pain Management You Tube Videos	<p>Understanding Pain: What to do about it in less than five minutes – Hunter Integrated Pain Service, Australia</p> <p>TED Talk - Lorimer Moseley - Why Things Hurt</p>	<p>Brief. Educational. Enjoyable. A great introduction. Understanding Pain Video</p> <p>An excellent and entertaining overview of chronic pain using everyday language. Highly recommended. Why Things Hurt Video</p>
Community Pain Management Workshops	<p>Southwest Chronic Disease Self-Management Program</p> <p>“Living a Healthy Life with Chronic Pain”</p> <p>-6 pain management sessions, no cost</p> <p>Online Version</p> <p>Thames Valley Family Health Team: Chronic Pain Self-Management Groups</p>	<p>https://www.swselfmanagement.ca/</p> <p>Find schedules on-line, or contact your local Community Health Centre or Family Health Team Available in many communities across Ontario.</p> <p>http://www.ontarioselfmanagement.ca</p> <p>https://thamesvalleyfht.ca/programregistration/</p>
Relaxation Skills	<p>Breathe2Relax Insight Timer</p> <p>TakeABreak Headspace</p>	Free apps for guided deep breathing and/or meditation exercises.
Physiotherapy Resources	Publicly Funded Physiotherapy Clinics	The Healthline - Physiotherapy

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	TRACKING PAIN SYMPTOMS	INFORMATION
Pain Management Apps	<ul style="list-style-type: none"> • Manage My Pain • Chronic Pain Coach • Catch My Pain • WebMD Pain Coach 	Free pain apps that allow you to track pain symptoms, pain triggers, mood, activity levels, treatments etc.
Communication	<ul style="list-style-type: none"> • How to Talk to Others About Chronic Pain • Chronic Pain Conversation Guide 	Provides helpful information to help you talk about your chronic pain.
	MENTAL HEALTH RESOURCES	INFORMATION
Anxiety Web Resources	<p>https://www.vancouveranxiety.com/#</p> <p>- Dr. Korol, Clinical Psychologist</p>	Excellent sessions on “Coping with Anxiety” & “Meditation for Busy Minds”.
Books About Depression, Anxiety, and Stress	<p>Mind over Mood – Dennis Greenberg and Christine Padesky</p> <p>The Happiness Trap – Russ Harris</p>	<p>Excellent book with strategies to manage depression, anxiety, guilt and anger.</p> <p>Discusses ways to ‘unhook’ from painful thoughts and feelings and take steps toward a life you value.</p>
Mental Health Web Resources	<p>Here To Help An excellent resource re: CBT for anxiety, depression, offered in many languages</p> <p>Mental Health and Well-Being. The Arthritis Society’s “web clinic” re: mental health & chronic pain; practical coping skills.</p>	<p>http://www.heretohelp.bc.ca</p> <p>Arthritis Society Online Modules</p>
Home-Based Mental Health Services	<p>Bounce Back Ontario https://bouncebackontario.ca/ 1-866-345-0224</p> <p>Togetherall https://togetherall.com/en-ca/</p> <p>MindBeacon iCBT https://www.mindbeacon.com/</p>	Free guided self-help programs for managing mental health. Structured programs, offering online courses, peer-to-peer support. Some offer free online therapy sessions.
Community Mental Health Services	<p>Outpatient Mental Health Services, London Health Sciences Centre</p> <p>Canadian Mental Health Association</p>	<p>https://www.lhsc.on.ca/mental-healthcare-program-adult/centralized-accesspoint-for-adult-ambulatory-mentalhealth-0</p> <p>https://cmha.ca/</p>

For a complete listing of community and social services in London and the surrounding areas, you can access the “Help Yourself Through Hard Times” directory at www.informationlondon.ca