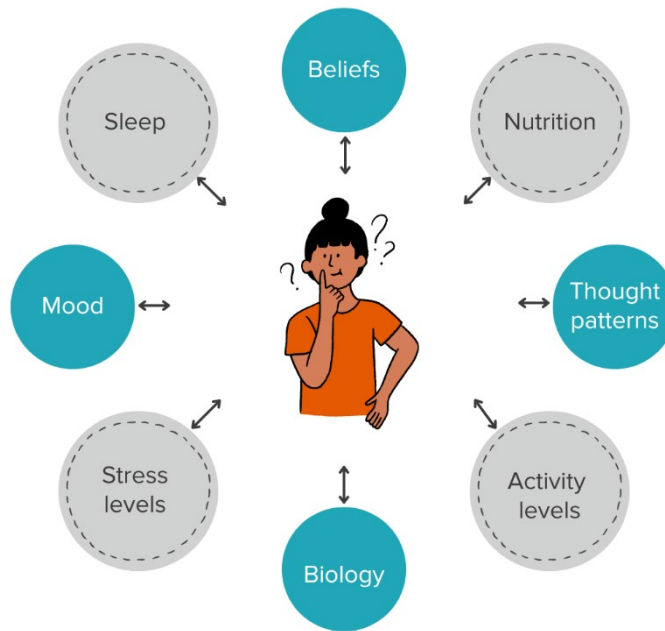


## COMMUNITY RESOURCES FOR PEOPLE LIVING WITH PAIN

We know your pain is real. You are not alone.

As you know, chronic pain is much more than just an uncomfortable feeling. Living with pain affects our bodies, our thoughts, our emotions, and how we relate to other people and the world around us. This diagram illustrates how thoughts, feelings, relationships, habits, and physical well-being can also increase or decrease our pain. In other words, pain is complex. Fortunately, that means there are many paths we can take toward treating and living well with pain.



**Community resources** are available to support you. Helping to manage your stress, mental health, physical health, sleep and practical needs can provide some relief when living with pain. The following free resources may provide you with some support as part of your pain journey.

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## PAIN EDUCATION

*One of the best things you can do for your health is learn about chronic pain and the different ways of managing it. Did you know that learning about pain improves overall quality of life for people who live with pain?*



### **LivePlanBe+** [www.liveplanbeplus.ca](http://www.liveplanbeplus.ca)

LivePlanBe+ is an online, interactive learning experience, which provides education around pain and living well with pain. LivePlanBe+ is a good tool for those who want a guided pain education program that is still self-directed.



### **LivePlanBe** [www.liveplanbe.ca](http://www.liveplanbe.ca)

LivePlanBe is a free online library of educational materials for people living with chronic pain. Our evidence-based resources include videos, text-based articles, audio files and webinars. They cover everything from mental health and economic well-being to medications and acupuncture, along with many more topics.



### **Pain ToolKit** [www.pipain.com/uploads/6/5/3/8/6538150/adult\\_pain\\_toolkit\\_canada.pdf](http://www.pipain.com/uploads/6/5/3/8/6538150/adult_pain_toolkit_canada.pdf)

Pain ToolKit is a simple information booklet that provides handy tips and skills to support you in managing your pain.



### **Kelty's Key** [www.keltyskey.com/courses/chronic-pain/](http://www.keltyskey.com/courses/chronic-pain/)

This is a course designed to help people better understand how to manage their chronic pain.



### **Power Over Pain Portal** [www.poweroverpain.ca](http://www.poweroverpain.ca)

The Power Over Pain Portal provides you with access to a range of resources, virtual care courses and peer support to help you in your chronic pain management journey.



## SOCIAL SUPPORT

*Talking to others who live with pain and managing your stress and emotional well-being can improve your overall pain experience.*



### **Pain Support and Wellness Groups** [painbc.ca/find-help/support-programs/pain-support-wellness-groups](https://painbc.ca/find-help/support-programs/pain-support-wellness-groups)

Pain Support and Wellness Groups offer an opportunity for people living with persistent pain to meet regularly online and build a community of support while learning about pain, pain management and coping strategies. Groups meet every second and fourth Tuesday of the month with alternating mid-day and evening sessions. Each 2-hour session allows participants to share their experiences, discuss self-management skills and take part in gentle movements as a group.

Scheduled times: Groups meet on the second **Tuesday** of the month from **11:00AM-1:00PM** and on the fourth Tuesday of the month from **6:00-8:00PM** (Pacific Time).

To register: Scroll down to the bottom of the web page, select your preferred region, and click the register button.



### **Coaching for Health** [painbc.ca/find-help/support-programs/coaching](https://painbc.ca/find-help/support-programs/coaching)

Our volunteer coaches provide one-to-one telephone support to help you learn self-management skills and regain function.

How to access: The program is accessed through a **referral** from a licensed medical professional. Ask your General Practitioner or other health care professional (i.e., counselor, physiotherapist, etc.) for a referral, or download the referral form and take it to your next appointment with them. To access the referral form, scroll down to the bottom of the page.

*\*\*Please note, this program currently has a 6+ month long waitlist.\*\**



### **Pain Support Line** [painbc.ca/find-help/pain-support-line](https://painbc.ca/find-help/pain-support-line)

The Pain Support Line offers free information, emotional support and resource assistance to empower people living with pain and their loved ones to improve well-being and advocate for themselves.

How to access: Connect with us by **email**, book an **appointment**, or call **1-844-880-PAIN (7246)** and leave a voicemail. The appointment booking page can be found here [painbc.janeapp.com/locations/pain-support-line/book](https://painbc.janeapp.com/locations/pain-support-line/book)

Hours of operation: Pain Support Line staff are available **Monday through Friday** from **9:00AM-4:00PM**, excluding statutory holidays. The Pain Support Line will respond to you within 1-3 business days.



### **Self-Management BC** [www.selfmanagementbc.ca](https://www.selfmanagementbc.ca)

Self-Management BC offers a menu of self-management programs available to British Columbians virtually, online, by telephone and by mail. Programs are for adults of all ages living with one or more ongoing health conditions including chronic pain.

Program options: [www.selfmanagementbc.ca/chronicpainprogram](https://www.selfmanagementbc.ca/chronicpainprogram)

Contact information: **1-866-902-3767** or email [mselfmgmt@uvic.ca](mailto:mselfmgmt@uvic.ca)



## PRACTICAL SUPPORT (FINANCIAL, FOOD SECURITY, HOUSING)

*Ensuring your practical and basic needs are covered is an essential component to living with pain. It is common for work and financial impacts to come alongside pain.*



### **Disability Alliance BC** [disabilityalliancebc.org/direct-service/apply-for-disability-benefits/](https://disabilityalliancebc.org/direct-service/apply-for-disability-benefits/)

Disability Alliance BC's programs can help you apply for disability benefits. Get in touch if you need support.

Contact information: **1-800-663-1278**



### **Food Banks BC** [www.foodbanksbc.com](http://www.foodbanksbc.com)

Provincial association of food banks with 105 agencies throughout British Columbia.



### **BC Emergency Assistance Stage 1 Application** [www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/application-and-intake/bcea-application-stage-1](http://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/application-and-intake/bcea-application-stage-1)

People with immediate need for food, shelter, or urgent medical attention including prescriptions and medical equipment that cannot be received without assistance, can apply for BC Emergency Assistance. At the Stage 1 application, "immediate need" is assessed before moving forward. Applicants must create a **My Self-Serve** account to apply, and identifying documentation and proof of work search is required.



### **BC Housing** [www.bchousing.org/housing-assistance](http://www.bchousing.org/housing-assistance)

BC Housing manages a wide range of subsidized housing options in BC. Take a look at their website to see if you qualify for housing support.



### **Neil Squire Society** [www.neilsquire.ca](http://www.neilsquire.ca)

Neil Squire's programs support people with disabilities with accessibility needs including career development and technology support.



### **Transportation assistance: HandyDART** [www.translink.ca/rider-guide/transit-accessibility/handydart](http://www.translink.ca/rider-guide/transit-accessibility/handydart)

A door-to-door shared ride service for people who are unable to navigate public transit without assistance.



### **Finding a GP** [www.findadoctorbc.ca/vancouver-island-region-text-search/](http://www.findadoctorbc.ca/vancouver-island-region-text-search/)

This website can help you search all clinics with general practitioners or nurse practitioners in a specific region/city.



## MOVEMENT

*Paced movement can have significant benefits for people who live with pain including reducing flare-ups and overall pain.*



### **Gentle Movement @ Home** [www.painbc.ca/gentle-movement-at-home](http://www.painbc.ca/gentle-movement-at-home)

Gentle Movement @ Home is based on Pain BC's Gentle Movement and Relaxation program, a training course for providers that was developed by physiotherapist Neil Pearson, one of Canada's leading experts on movement and chronic pain. Sessions are led by physiotherapists and other therapeutic movement professionals and are designed to help people with persistent pain learn to feel safe to move again.



### **Safe Movement Classes - Group Virtual Medical Visits at CHANGEpain** [www.changepain.ca/gmv-schedule](http://www.changepain.ca/gmv-schedule)

The CHANGEpain clinic is offering video Group Medical Visits (GMV) for people living with pain. These group appointments are physician-led and are covered by MSP for BC residents who have a valid BC CareCard number.



### **Exercise and wellness videos for people with mobility challenges**

[www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf](http://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf)

These videos work best for people who find it difficult to walk in the community and who use a cane or walker to get around. All these videos can be found online and are available free of charge. These exercise videos can help you stay active from the comfort of your home.



### **Movement videos with occupational therapist Cara Kircher**

[www.youtube.com/channel/UCluKcGhYJelnOjG6E6nOyww](http://www.youtube.com/channel/UCluKcGhYJelnOjG6E6nOyww)

These movement videos are designed for people living actively with pain.



## SLEEP

*Improved sleep can have significant benefits for people who live with pain.*



### **Helpful information and tools to manage insomnia** [mysleepwell.ca](http://mysleepwell.ca)



### **Free handouts to learn more about insomnia and nightmares**

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep)



### **Chronic pain and sleep resources**

[www.northernpaincentre.com.au/wellness/chronic-pain-sleep/chronic-pain-and-sleep-resources/](http://www.northernpaincentre.com.au/wellness/chronic-pain-sleep/chronic-pain-and-sleep-resources/)



## MENTAL HEALTH SUPPORT

*The overlap of anxiety, depression and pain is particularly common in chronic pain. Experiences of anxiety and/or depression can cause increased intensity of pain, and flare-ups of pain often impact well-being. Using self-help materials, receiving support from friends and family, or joining a local support group can help you develop coping skills. However, sometimes we need extra help.*

Counselling approaches found to be effective for people living with chronic pain include:

- Cognitive-behavioural therapy (CBT)
- Acceptance and commitment therapy
- Mindfulness-based stress reduction
- Motivational interviewing



These resources are a good starting point to find **affordable** counsellors in your area:

- <https://bit.ly/reducedcostcounselling>
- <https://mssociety.ca/library/document/Mu3hoLpFmvAUQGrnOYfSdBWbPREc9Iqz/original.pdf>
- <https://www.wellnesstogether.ca/en-CA?lang=en-ca>
- <https://bc211.ca/>
- <https://myicbt.com/en-CA/home> (CBT course online)



**Additional resources for mental health:**



**Crisis Line Association of BC** [www.crisislines.bc.ca](http://www.crisislines.bc.ca)

Phone: 1-800-SUICIDE (1-800-784-2433)

310 Mental Health Support (310-6789)



**Psychology Clinic at the University of British Columbia | Okanagan campus**

[psych.ok.ubc.ca/psychology-clinic](http://psych.ok.ubc.ca/psychology-clinic)

The Psychology Clinic provides low-cost access to psychology services in a wide range of areas, including chronic pain management, depression, anxiety, and substance use conditions. This service is provided by graduate student clinicians directly supervised by registered psychologists to ensure excellent quality of care. Group and individual treatments are available, in-person and virtual. Open to residents across BC.

Phone: 250-807-8241 or email: [ipc.ok@ubc.ca](mailto:ipc.ok@ubc.ca)



**BounceBack program** [bouncebackbc.ca](http://bouncebackbc.ca)

BounceBack is a free skill-building program from the Canadian Mental Health Association designed to help you build the tools to address mild to moderate depression, anxiety, and stress. Though it is not counseling or talk therapy, it is one-on-one support with coaches who have experience supporting people through a range of major life challenges and changes.



**The Mood Disorders Association of BC (MDABC)** [www.mdabc.net](http://www.mdabc.net)

A counseling and wellness centre that offers slightly discounted rates for supervised sessions with Master's level interns. They also offer CBT courses and support groups.



**Anxiety Canada** [www.anxietycanada.com/resources/mindshift-cbt/](http://www.anxietycanada.com/resources/mindshift-cbt/)

This website provides video, audio, and text resources on managing anxiety along with a 10-hour step-by-step self-help program for managing anxiety with options for group therapy and app-based support.



**Private psychological/counselling services** (out of pocket or covered by extended health plans by employer)

BC Psychological Association: [www.psychologists.bc.ca/find\\_psychologist](http://www.psychologists.bc.ca/find_psychologist)

BC Association of Clinical Counsellors: [www.bcacc.ca/counsellors/](http://www.bcacc.ca/counsellors/)



## OPIOID USE DISORDER AND SUBSTANCE USE CONDITIONS



**Pain BC advocacy on access to opioid pain medications** [www.painbc.ca/find-help/resources/downloadables/pain-bc-advocacy-access-opioid-pain-medications](http://www.painbc.ca/find-help/resources/downloadables/pain-bc-advocacy-access-opioid-pain-medications)

[www.painbc.ca/find-help/resources/downloadables/pain-bc-advocacy-access-opioid-pain-medications](http://www.painbc.ca/find-help/resources/downloadables/pain-bc-advocacy-access-opioid-pain-medications)



**Substance use information and resources – Kelty's Key**

[www.keltyskey.com/courses/substance-use-problems/](http://www.keltyskey.com/courses/substance-use-problems/)



**Substance use resources – Government of Canada**

[www.canada.ca/en/health-canada/services/substance-use/get-help-problematic-substance-use.html#a3](http://www.canada.ca/en/health-canada/services/substance-use/get-help-problematic-substance-use.html#a3)



**Opioid Agonist Therapy program** [www.bcmhsus.ca/health-professionals/clinical-professional-resources/opioid-agonist-treatment](http://www.bcmhsus.ca/health-professionals/clinical-professional-resources/opioid-agonist-treatment)

Opioid agonist treatment, often called OAT, uses medications such as Suboxone and methadone to treat opioid addiction, reduce drug-related harms and support long-term recovery.



**Access to safe supply (i.e., prescribed doses of uncontaminated opioids)** [www.canada.ca/en/health-canada/services/opioids/responding-canada-opioid-crisis/safer-supply.html](http://www.canada.ca/en/health-canada/services/opioids/responding-canada-opioid-crisis/safer-supply.html)



**LifeRing** [www.healthlinkbc.ca/health-topics/lifering](http://www.healthlinkbc.ca/health-topics/lifering)

LifeRing is a support group for people who want to stop drinking or using drugs. It can help you develop a personal recovery plan to stay away from alcohol or drugs.

This document was co-created by Pain BC and the following organizations with input from people who live with pain.



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