

Resources to Assist Patients in Pain Self-Management & Mental Well-Being

1. **PARC-Promoting Awareness of RSD & CRPS in Canada:** <http://rsdcanada.org/parc/english/index.html>

Resources for those living with Complex Regional Pain Syndrome (CRPS) / Reflex Sympathetic Dystrophy (RSD)

1. **PAIN BC:**  <https://www.painbc.ca/find-help>

<https://www.painbc.ca/covid-19-news-and-resources-people-living-pain>

1. **HELP\_AB:** <https://www.helpalbertaspain.com/>

A patient driven support, education and advocacy group that offers patients and their families support online and over the phone

1. **Toronto Academic Pain Medicine Institute (TAPMI):** <http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>

A hub for chronic pain care - resources for both patients & health care providers

1. **L’Association québécoise de la douleur chronique (AQDC):** <https://douleurchronique.org/?lang=en> (EN)

<https://douleurchronique.org/> (FR)

Resources for people living with chronic pain

Help line: 1 (855) 368-5387

1. **Annapolis Valley Pain Self-Management Group** - Email: [AnnapolisValley.ns@pipain.com](https://email.nshealth.ca/owa/redir.aspx?C=0xl9imrlNjZG7AjUMDcCJ-eD-DeQgZUyGSVHjD0Mca3U-2BFguDXCA..&URL=mailto:AnnapolisValley.ns@pipain.com)

During COVID-19, Annapolis Valley Pain Self-Management Education & Support Group will be offering free online meetings

1. **Canadian Arthritis Patient Alliance (CAPA)**: <http://arthritispatient.ca/covid-19-information-resources/>

COVID-19 Information Resources for people living with arthritis

1. **Solutions for Kids in Pain (Skip):** <https://www.kidsinpain.ca/>
2. **Arthritis Society:** <https://arthritis.ca/support-education/online-learning/managing-chronic-pain> (EN)

<https://arthrite.ca/soutien-et-education/apprentissage-en-ligne-fr/gerer-la-douleur-chronique> (FR)

Chronic pain online learning module

1. **Online Therapy Unit:** <https://www.onlinetherapyuser.ca/>

Offers free online courses and resources

1. **Mental Health Commission of Canada:**

<https://www.mentalhealthcommission.ca/English/government-canada-covid-19-resources> (EN)

<https://www.mentalhealthcommission.ca/Francais/ressources-covid-19-du-gouvernement-du-canada> (FR)

1. **Bridge the gApp**

<https://www.bridgethegapp.ca/>

During COVID-19, if you are finding it difficult to cope or feel anxious, Bridge the gapp offers many services to support your wellbeing.

1. **Relaxation Audio / Centre for Applied Research in Mental Health & Addiction**

<http://www.sfu.ca/carmha/publications/relaxation-audio.html>

1. **ICAN (Conquer Anxiety and Nervousness) – Anxiety Program (18 plus years of age)**

<https://strongestfamilies.com/>

Offers help for anxiety and depression

1. **Mindwell U:**

 <https://www.mindwellu.com/>

 Free online challenge that takes 5 minutes a day

1. **Therapy Assistance Online**

 <https://taoconnect.org/what_is_tao/ns/>

 It includes interactive activities and videos for people having challenges with their mental health.

1. **Breaking Free Online (BFO)**: <https://www.breakingfreeonline.ca/>

Online treatment and recovery program (augmented by a companion app) that increases people’s wellness and helps them address substance use disorders.

To watch a brief overview of Breaking Free Online, click here: [https://youtu.be/Jk1JL5He6u8](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FJk1JL5He6u8&data=02%7C01%7CNathalie.RobichaudAlbert%40lionbridge.com%7Cdc86595e667449bfb61908d7d66b64ea%7C42dc8b0f47594afe934841952eeaf98b%7C0%7C1%7C637213629062108483&sdata=kDaumrtf%2BOiKzWhFFBJ7d61AeijKII5V7SGogrTXd1o%3D&reserved=0)

*How to sign up*: 1. Visit [www.breakingfreeonline.ca](https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.breakingfreeonline.ca%2F&data=02%7C01%7CNathalie.RobichaudAlbert%40lionbridge.com%7Cdc86595e667449bfb61908d7d66b64ea%7C42dc8b0f47594afe934841952eeaf98b%7C0%7C0%7C637213629062108483&sdata=WPV6vO9S9r1w%2BaVVNjQxTQur6R9KHTFqFw6DrDAQfvM%3D&reserved=0); 2. Click SIGN UP; 3. Use the service code CAPSA2020 to complete the required fields; 4. CAPSA can to provide support via e-mail to those having trouble understanding how to use Breaking Free Online: info@capsa.ca

*Available in English and French*