

Pain BC is a registered charity with the mission of improving the lives of people with pain. The organization provides a call-in support line, phone-based pain management coaching, virtual Pain Support & Wellness Groups, and links to pain resources in your community.

<http://painbc.ca/find-help>

Self-Management BC, through the University of Victoria, offers free virtual programs to people with chronic health conditions, and their family members. The programs provide information, teach practical skills, and help to instill confidence in managing chronic diseases. There is a 6-week program specifically focused on chronic pain, as well as a self-study program and the ability to connect by phone with a Peer Health Coach.

<https://www.selfmanagementbc.ca>

Regional Chronic Diseases Program

Contact information:

#600-299 Victoria Street
Prince George, BC V2L 5B8

RCD.Communications@northernhealth.ca

This information is also available on Northern Health's public website:

<https://www.northernhealth.ca/health-topics/chronic-pain#self-management>



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Patient Resources Chronic Pain

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ArthritisBC + Me provides a central repository of information to assist patients in BC as they manage their arthritis. The website includes information about the condition, related research, and a listing of services and programs in the province related specifically to living with arthritis.

<https://arthritisbcandme.info>

Arthritis Society of BC is a health charity with the purpose of embracing and empowering people living with arthritis. Their website provides online learning, webinars, information on workshops and events happening in local communities, and a Helpline for those living with arthritis.

<https://arthritis.ca/support-education>

CHANGEpain's Group Medical Visits are available at no cost to BC residents who have MSP coverage. The virtual group visits are facilitated by either GPs or Specialists and cover a wide range of topics related to chronic pain, including: specific areas of pain, mental health, physical activity, nutrition, sleep.

<https://www.changepain.ca/gmv-schedule?view=calendar&month>

Gentle Movement @ Home is a series of videos that Pain BC has created for people living with chronic pain to introduce gentle movement and relaxation into their self-care.

<https://youtu.be/Rvw5eOvm184>

Know Your Medications is a Northern Health site that provides valuable information about keeping track of your medication. It also links to a free app for your cellphone, "MyMedRec" that helps track medications and immunizations.

<https://www.northernhealth.ca/health-topics/know-your-medication-medrec>

LivePlanBe is an online self-management resource for people in pain. Developed by Pain BC, this website offers evidence-based resources like videos, articles, audio files and webinars. They cover everything from pain management, to mental health, to economic well-being.

<https://www.liveplanbe.ca/pain-education>

LivePlanBe+ is an online guided pain education program that offers an interactive learning experience. Pain BC has developed this program to assist people living with chronic pain in learning, utilizing tools, practicing new skills, and making small changes in your life. Each unit typically includes an animated video, a small amount of text, a list of resources, and a video of a person in pain interviewing a health care provider.

<https://liveplanbeplus.ca>

MYCAREPATH is a website geared towards youth and their care providers. It provides information on understanding pain and provides realistic tools that are beneficial in managing chronic pain.

<https://mycarepath.ca>

OASIS, the OsteoArthritis Service Integration System's website from Vancouver Coastal Health, provides a wealth of information about managing and living well with Osteoarthritis (OA). They offer many online classes in areas such as Arthritis & Exercise, and Pain Management. Classes are free and open to anyone living with OA.

<https://oasis.vch.ca>