

# Community and Online Resources

## Pain management

### Pain BC - [painbc.ca](http://painbc.ca)



- [Live Plan Be \(+\)](#) –Videos and articles developed by PainBC to learn about pain management
- [Coaching for Health](#) – Free telephone coaching service. Ask your healthcare provider to make you a referral for this service.
- [Pain Support Line](#) – Free information, emotional support, and resource connection. Phone: 1-844-880-7246
- [Pain Support and Wellness Groups](#) – Connect online with other people living with chronic pain

### Self-Management BC – [selfmanagementbc.ca](http://selfmanagementbc.ca)



- Self-management programs for chronic pain and other chronic diseases offered free in communities
- Coaching for health is offered in various languages. Phone: 604-940-1273

### Kelty's Key - [keltyskey.com/self-help](http://keltyskey.com/self-help)



- Web-based self-management modules for chronic pain, insomnia, grief, and more
- Handouts and audio recordings to assist with various topics. Some recordings are offered in various languages

### Toronto Academic Pain Medicine Institute (Pain U) –

[tapmipain.ca/patient/managing-my-pain/pain-u-online/#/](http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/)



- Self-paced modules on topics related to chronic pain. Examples of topics include pacing, sleep, and communication.

## Pain management - *continued*

### Osteoarthritis Service Integration System (OASIS) – [oasis.vch.ca](https://oasis.vch.ca)



- Self-management for people with arthritis
- In-person and virtual classes on topics related to arthritis including sleep and stress management, meditation, nutrition, pole-walking and specific arthritis classes such as shoulder, hip, or knee.

### Arthritis Society – [arthritis.ca/support-education/arthritis-talks-webinars](https://arthritis.ca/support-education/arthritis-talks-webinars)



- Free webinar series on current, evidence-based information. Topics are related to lifestyle, medications, surgery, and various types of arthritis.

### Power Over Pain - [poweroverpain.ca](https://poweroverpain.ca)



- Free articles, videos, podcasts, courses, workshops, and peer support for youth and adults

## Mood management

### CBT Skills - [cbtskills.ca](https://cbtskills.ca)



- An 8-week class on improving your mental health. Includes practical tools to recognize, understand, and manage patterns of feeling, thinking, and behaving.
- Ask your health professional for a referral to this service

### The Antidepressant Skills Workbook - [psychhealthandsafety.org/asw](https://psychhealthandsafety.org/asw)



- Self-care workbook for step-by-step guidance to changing patterns that trigger depression. Helps you emerge from depression and make it less likely to recur.
- CBT based. To be used alongside other treatment options. Offered in various languages.

### Anxiety Canada - [anxietycanada.com](https://anxietycanada.com)



- Free online, self-help, and evidence-based resources on anxiety
- Free MindShift app can be downloaded. Helps manage anxiety, using step-by-step strategies based on psychological treatment

### Fraser Health Mental Health and Substance Use Services – [fraserhealth.ca/mentalhealth](https://fraserhealth.ca/mentalhealth)



- A variety of mental health and substance use programs that cover a wide range of services

### Bounce Back - [bouncebackbc.ca](https://bouncebackbc.ca)



- Free skill-building program to help adults and youth 15 years and older manage low mood, mild to moderate depression, anxiety, stress, or worry
- Delivered online or over the phone with a coach. Offers tools to support you on your path to mental wellness

### Wellness Together Canada – [wellnesstogether.ca/en-ca](https://wellnesstogether.ca/en-ca)



- Articles, webinars, and peer support groups for mental health and substance use
- Free counselling services available 7 days a week, 24 hours a day

## Movement and exercise

### Pain BC Gentle Movement @ Home – [painbc.ca/gentle-movement-at-home](https://painbc.ca/gentle-movement-at-home)



- Free Gentle Movement @ Home recordings provide guided movement and relaxation for people living with pain
- Sessions led by physiotherapists and other therapeutic movement professionals. Designed to help people with persistent pain learn to feel safe to move again

### Taoist Tai Chi – [taoist.org/pain-relief-through-taoist-tai-chi-arts](https://taoist.org/pain-relief-through-taoist-tai-chi-arts)



- Articles about how Taoist Tai Chi arts can help people with chronic pain. It is also a form of meditation that calms the nervous system and the brain
- Register for sessions

### Y Thrive Program – [youtube.com/@ymcahome](https://youtube.com/@ymcahome)



- Free at-home exercise videos, including the “gold” series that are gentle and you can do while seated

### Choose To Move – Free Access through the [community leisure centres](#) or the [YMCA](#)



- Online or in person physical activity coaching program for people ages 55+, based on research evidence that helps break down barriers to physical inactivity

### PABC Find a Physio – [bcphysio.org/find-a-physio](https://bcphysio.org/find-a-physio)



- Search for a physiotherapist in your local community
- Choose the areas of practice (Chronic Pain) that you are looking for as well as the maximum amount of distance you would travel from your home

### Community Leisure Centres – do a google search for ‘leisure centre’ and your city or community name

- Each community centre offers a variety of programs ranging from gentle yoga to high-impact classes, with land and pool-based options
- Classes taught by professionals.
- Costs are generally lower than a private facility. Check to see if they have a subsidized leisure pass

## Other resources

### BC 211 – [bc.211.ca](https://bc.211.ca)

- Provides information and referral to a broad range of community, government, and social services that assist with basic needs like food and shelter, mental health and addictions support, legal and financial assistance, support for seniors, and more

### HealthLink BC 811 - [healthlinkbc.ca/more/contact-us/8-1-1](https://healthlinkbc.ca/more/contact-us/8-1-1)



- Free health information and advice phone line
- A health service navigator can help you find health information and services, or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist