

Three out of four Canadian adults are exposed to a traumatic event in their lifetime. Trauma is commonly divided into these three types.

- [illegible]

Rates of PTSD are higher for people with chronic pain.

Trauma and pain

Chronic pain changes your brain and nervous system. Often this leads to your pain system becoming oversensitive and overprotective.

Trauma and PTSD also keep your nervous system overactive and in the stress state.

There is treatment for trauma and PTSD. If you have trauma or PTSD, treating it might improve your pain experience.

- Having nightmares, thoughts, or memories of the event(s) when you do not want to.
- Trying hard not to think of the event.
- Avoiding people, places or situations that remind you of the event.
- Feeling disconnected from people and your surroundings, or feeling numb.
- Feeling on edge and on guard, and startling easily.

What to do if I think I have PTSD

A good place to start is speaking with your doctor or any health care professional you feel comfortable speaking with. They can provide you with direction on next steps and help you find the support you need.

Your doctor might make a referral for you to go to a psychologist or psychiatrist. If you are not able to get a referral from a doctor, you can do the following:

- Make an appointment with a psychologist or other mental health professional for further assessment.
- Contact your local mental health centre. Go to www.fraserhealth.ca and search for “mental health centres”.

What stood out to me in this section?

Questions I still have on this topic

Resources

Websites



[ACES Too High](#)

Read news reports on research about adverse childhood experiences.

[Trauma, PTSD and Chronic Pain - Pain BC](#)

Read an article about trauma, PTSD, and chronic pain.



[Wellness Together Canada](#)

Choose from a variety of resources including learning tools, counselling, and a community of support. Resources provided at no cost.

[This Way Up](#)

Explore a variety of courses and coping tools, including an 8-lesson course for PTSD based on Cognitive Behavioural Therapy.



[PTSD Association of Canada](#)

Read a variety of resources and personal stories. This website is for those who suffer from or are at risk for PTSD, and those who care for traumatized individuals.

[Understanding PTSD - Veterans Canada](#)

Read answers to many common questions about psychotherapy, and learn the role of specific health professionals.



Programs



[Surrey Women's Centre](#)

Get a wide range of crisis, court and counselling services for victims of domestic violence, sexual assault, child abuse and other forms of family violence. They also run SMART, a 24-hour mobile crisis service.

[British Columbia Society for Male Survivors of Sexual Abuse](#)

Learn about therapeutic services for males who have been sexually abused at some time in their lives.



[Moving Forward Family Services](#)

Find free short-term counselling and/or low cost long-term counselling by telephone and online.

[Mood Disorders Association of British Columbia](#)

Find a weekly peer support group on PTSD. Free of cost.

