



## 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)
- 2. PAIN BC:** <https://painbc.ca/find-help>  
<https://www.painbc.ca/covid-19-news-and-resources-people-living-pain>
- 3. 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
- 4. Toronto Academic Pain Medicine Institute (TAPMI):** <https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>  
A hub for chronic pain care - resources for both patients & health care providers
- 5. 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
- 6. Annapolis Valley Pain Self-Management Group** - Email: [AnnapolisValley.ns@pipain.com](mailto:AnnapolisValley.ns@pipain.com)  
During COVID-19, Annapolis Valley Pain Self-Management Education & Support Group will be offering free online meetings
- 7. Canadian Arthritis Patient Alliance (CAPA):** <http://arthritispatient.ca/covid-19-information-resources/>  
COVID-19 Information Resources for people living with arthritis
- 8. Solutions for Kids in Pain (Skip):** <https://www.kidsinpain.ca/>  
[https://c78cfb5d-6fc1-4ecd-908a-ec0783533e0e.filesusr.com/ugd/4fdfcf\\_e86df30f28b54245b92cd8243f5c035b.pdf](https://c78cfb5d-6fc1-4ecd-908a-ec0783533e0e.filesusr.com/ugd/4fdfcf_e86df30f28b54245b92cd8243f5c035b.pdf)

9. **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
10. **Online Therapy Unit:** <https://www.onlinetherapyuser.ca/>  
Offers free online courses and resources
11. **Breaking Free Online (BFO):** [www.breakingfreeonline.ca](http://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.
12. **Mental Health Commission of Canada:**  
<https://www.mentalhealthcommission.ca/English/external-covid-19-resources> (EN)  
<https://www.mentalhealthcommission.ca/Francais/ressources-externes-covid-19> (FR)
13. **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.
14. **Relaxation Audio / Centre for Applied Research in Mental Health & Addiction**  
<http://www.sfu.ca/carmha/publications/relaxation-audio.html>
15. **ICAN (Conquer Anxiety and Nervousness) – Anxiety Program (18 plus years of age)**  
<https://login.strongestfamilies.com/folder/1963/>  
Offers help for anxiety and depression
16. **Mindwell U:**  
<https://www.mindwellu.com/>  
Free online challenge that takes 5 minutes a day
17. **Therapy Assistance Online**  
<https://taoconnect.org/what-is-tao/ns/>  
It includes interactive activities and videos for people having challenges with their mental health.
18. **Breaking Free Online (BFO)**  
[www.breakingfreeonline.ca](http://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>

*How to sign up:* 1. Visit [www.breakingfreeonline.ca](http://www.breakingfreeonline.ca); 2. Click SIGN UP; 3. Use the service code CAPSA2020 to complete the required fields; 4. CAPSA can provide support via e-mail to those having trouble understanding how to use Breaking Free Online: [info@capsa.ca](mailto:info@capsa.ca)

*Available in English and French*