

Chronic Pain

Education and Self-Help Resources



Pain and Self-Management

Power Over Pain Portal

A free one-stop-shop for online resources related to chronic pain including topics, of mood, mindfulness, movement, nutrition, sleep, stress, substance use, and pain and surgery.

portal.poweroverpain.ca

Pain U Online

Free online pain management resource from the Toronto Academic Pain Medicine Institute with online modules to help people to learn to manage their pain. tapmipain.ca/patient/managing-my-pain/pain-u-online

Pain+ CPN

Access the latest high-quality research on pain with this free online resource from McMaster University. Articles have been rated by both health care professionals and people living with chronic pain.

painpluscpn.ca

Curable (\$)

This online program and app helps people to reduce their symptoms and calm their nervous system.

curablehealth.com

Manage My Pain App (\$)

This online program and app helps people to reduce their symptoms and calm their nervous system. Some features require a paid subscription.

managemypainapp.com

Managing Pain Before It Manages You, 4th Ed. (\$)

Pain specialist Dr. Margaret Caudill spells out 10 steps to change how you feel physically and emotionally.

guilford.com/books/Managing-Pain-Before-It-Manages-You/Margaret-Caudill/9781462522774

Micheal G. DeGroote National Pain Centre

Access a wide variety of free resources including guidance on the use of opioids.

npc.healthsci.mcmaster.ca/my-resources/#tab-content-for-people-living-with-pain-public

Why Things Hurt, Lorimer Mosely

youtube.com/watch?v=gwd-wLdlHjs

Self-managing and self-management, Patients as Partners

youtube.com/watch?v=uRQ853sRt0o

Movement

Active for Health

A free online resource from the HealthLinkBC to support physical activity for all ages and stages and for those with chronic conditions.

healthlinkbc.ca/healthy-eating-physical-activity/active-for-health

Osteoarthritis and Exercise

Learn how to manage osteoarthritis of the hip and knee to reduce your symptoms and improve your mobility with this free online lesson.

mcmasteroptimalaging.org/e-learning/mobility

Move the Body, Heal the Mind: Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Sleep (\$)

McMaster neuroscientist, Dr. Jennifer Heisz reveals how fitness and exercise can combat mental health conditions.

harpercollins.ca/9780358573401/move-the-body-heal-the-mind/

Mental Health

Anxiety Canada

Free online resources based on cognitive behavioural therapy that teach people about anxiety and how to cope.

anxietycanada.com

BounceBack® Canada

A free skill-building program to help people age 15+ and older learn to manage anxiety and depression.

bounceback.cmha.ca

CALM (\$)

App with a free trial that provides mindfulness and meditation exercises.

calm.com

Guided Mindfulness Meditation Practices with Jon Kabat-Zinn

An array of both free and subscription based online resources related to the practice of mindfulness including a meditation app.

jonkabat-zinn.com

Headspace (\$)

App with a free trial that guides users through mindfulness and meditation exercises.

headspace.com

mcmasteroptimalaging.org

MindBeacon (\$)

Mental health support, based on CBT, for adults aged 16+ who are dealing with stress, anxiety, depression and more.

mindbeacon.com

Mindshift® CBT

Free app from Anxiety Canada that uses CBT strategies to help develop more effective ways of managing anxiety.

anxietycanada.com/resources/mindshift-cbt

Telus Health CBT (\$)

An iCBT program from Telus Health. Move through 10 structured online modules, at your own pace, while your therapist monitors your progress.

myicbt.com

Togetherall

Formerly the 'Big White Wall', a safe and anonymous online peer support community that can be accessed anytime, anywhere.

togetherall.com