RESOURCES FOR PATIENTS, THEIR FAMILY, CAREGIVERS AND FRIENDS

Information on pain

- The Pain Toolkit: https://link.cep.health/cncpweb23
- RNAO Fact sheets: Helping people manage their pain: https://link.cep.health/cncpweb24
- Understanding Pain in less than 5 minutes, and what to do about it!: https://link.cep.health/cncpweb26
- Fact Sheet: Chronic Pain: https://link.cep.health/cncpweb31

Information on non-pharmacological therapies

- NeuroNovo Centre for Mindful Solutions (formerly “for Mindfulness-Based Chronic Pain Management”): https://link.cep.health/cncpweb30
- Centre for Mindfullness Studies: https://link.cep.health/cncpweb35

Information on opioids

- Centers for Disease Control and Prevention (CDC) Prescription opioids: What you need to know: https://link.cep.health/cncpweb21
- McMaster University: Messages for patients taking opioids: https://link.cep.health/cncpweb22
- Mike Evans: Best Advice for People Taking Opioid Medication: https://link.cep.health/cncpweb25

Support groups and self-management programs

- People in Pain Network: https://link.cep.health/cncpweb28
- British Columbia Chronic Pain Self-Management Program: https://link.cep.health/cncpweb29
- Canadian Mental Health Association (CMHA): https://link.cep.health/cncpweb34