

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>
- Webinar: Intro to Mindfulness for Chronic Pain (5 part series): <https://link.cep.health/cncpweb32>
- Webinar: Yoga for people in pain (5 part series): <https://link.cep.health/cncpweb33>
- Centre for Mindfulness 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>
- Institute for Safe Medication Practices (ISMP) Canada Opioid Stewardship: <https://link.cep.health/cncpweb27>

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>

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In collaboration with:

Ontario College of
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Leaders for a healthy Ontario.

