

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.

tap.mipain.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-wLdIHjs

Self-managing and self-management, Patients as Partners

youtube.com/watch?v=uRQ853sRt0o
