

# Digital Self- Management Resources

## Online

### **Kelty's Key VCH Online Therapy Program**

<https://www.keltyskey.com/courses/chronic-pain/>

### **Pain BC's Live Plan Be**

<https://www.liveplanbe.ca>

### **Pain Management Network**

<http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone>

### **PainHealth**

<https://painhealth.csse.uwa.edu.au/>

### **ACI Pain Management Network**

<http://www.aci.health.nsw.gov.au/chronic-pain>

### **ME/CFS and Fibromyalgia**

[www.cfselfhelp.org](http://www.cfselfhelp.org)

### **The Pain Toolkit Quiz**

<http://quiz.paintoolkit.org>

## App Based

**Curable: Back Pain, Migraine and Chronic Pain Relief**