

RJH Pain Program Self-Management Pathway

What you think, say and do changes your pain on a cellular level. Make this moment count by incorporating tools and resources available to you.

☐ Review Island Health's **Pain Program – Clinic Introduction Slideshow**

Available on our website: <https://www.islandhealth.ca/our-services/pain-program/pain-program-homepage>



Community Options:

Self-Management BC (led by trained peers living with persistent pain)

A free chronic pain program to adults of all ages. This program is offered virtually, online, by telephone, or by mail for adults living in BC. To learn more, check out <https://www.selfmanagementbc.ca/chronicpainprogram> or call toll free: **1-866-902-3767**

LivePlanBe+ (self directed)

A free online educational program created with the input of people living with pain. To learn more, check out <https://www.liveplanbe.ca>

Making Sense of Pain (led by a trained facilitator)

Held over nine to ten weeks, facilitators provide participants with opportunities to learn about pain, the various factors that can make pain worse, and simple strategies that can help participants better manage pain in everyday life. All sessions are online via Zoom.

To learn more, visit <https://painbc.ca/find-help/support-programs/making-sense-of-pain>

Pain Recovery (virtual, led by physician and physiotherapist)

A virtual clinic that provides Group Medical Visits for people living with persistent pain. They provide multiple online courses such as Pain Science Education, Pain Reprocessing Therapy, and other self-management strategy courses.

A referral form from a physician or nurse practitioner is required for this clinic. Referral form and more information can be found at <https://www.painrecovery.ca>

Engaging with other community resources

- <https://painbc.ca>
 - Pain BC's Pain Support & Wellness Groups meet twice a month in communities across BC
 - Coaching for Health
 - Pain Support Line
 - <https://www.anxietycanada.com>
 - <https://bouncebackbc.ca>
 - <https://www.bcalm.ca>
 - <https://cbtskills.ca/>
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☐ Other Recommendations:
