

## **HAVING TROUBLE MANAGING OR COPING WITH YOUR PAIN?** **- HELP IS AVAILABLE -**

- **Pain BC**

- [www.painbc.ca](http://www.painbc.ca)
- Offers a wealth of up-to-date information on free local resources such as support groups, as well as helpful strategies for managing pain and educational workshops
- **Pain Support Line**: This is a non-crisis line that offers a listening ear for you as you manage chronic pain.
  - Website: <https://www.painbc.ca/about/programs/pain-support-line>
  - Phone: 1-844-880-PAIN (7246)
- **Coaching for Health**: This is a free telephone program that provides the opportunity to talk to someone regularly who gets what it takes to live with chronic pain, and will help you explore strategies and techniques for self-management, and provide an opportunity to talk with someone.
  - Website: <https://painbc.ca/about/programs/coaching-health>

- **Self-management BC**

- Free 6-session courses in chronic pain self-management strategies
- Website: <https://www.selfmanagementbc.ca/virtualself-managementprograms>

- **Kelty's Key**

- Free self-help courses to be worked through at your own pace
- <https://www.keltyskey.com/courses/chronic-pain/>