



CHRONIC PAIN TOOLKIT

**Medication Assessment Centre
Interprofessional Opioid Pain Service**

College of Pharmacy and Nutrition, University of Saskatchewan

Table of Contents

- SELF-MANAGEMENT PROGRAMS3**
 - IN-PERSON SELF-MANAGEMENT WORKSHOPS 3
 - ONLINE SELF-MANAGEMENT RESOURCES 6
- MULTIMEDIA RESOURCES8**
 - APPS 8
 - YOUTUBE VIDEOS 10
 - PODCASTS 12
 - BOOKS 13
- MENTAL HEALTH COUNSELLING15**
- MEDICATION AND COMPLEMENTARY THERAPIES INFORMATION17**
- MOVEMENT AND EXERCISE.....19**
- NUTRITION20**
- PATIENT AND PEER SUPPORT GROUPS.....22**
- FEEDBACK & QUESTIONS23**

SELF-MANAGEMENT PROGRAMS

Self-management refers to activities that a person must undertake to live well with a chronic condition, such as chronic pain. At its core, self-management means taking care of ourselves on a day-by-day basis. Healthcare professionals can help individuals to increase their skills and confidence in managing their health condition, including goal-setting and problem-solving, but when people take an active role in their health, they generally feel better and have improved quality of life.

IN-PERSON SELF-MANAGEMENT WORKSHOPS

LIVEWELL WITH CHRONIC PAIN WORKSHOPS (SASKATOON)

https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Chronic-Pain.aspx

306-655-LIVE (306-655-5483)

Toll Free: 1-877-LIVE-898 (1-877-548-3898)

Cost: Free

Location: Saskatoon

LIVEWELL WITH CHRONIC PAIN WORKSHOPS (REGINA)

<http://www.rqhealth.ca/department/health-promotion/livewell-with-chronic-pain-and-livewell-with-chronic-conditions-programs>

306-766-7370

healthpromotionrqhr@rqhealth.ca

Cost: Free

Location: Regina

These 6-week workshop series empower participants to develop new skills and abilities to self-manage by building confidence to manage and cope with chronic pain. In a small-group setting, participants can give and receive support from others who share a similar experience. Group leaders are specially trained volunteer Peer Leaders who may also live with shared experiences. Each weekly session is 2.5 hours and is open to individuals who live with chronic pain as well as caregivers for people experiencing chronic pain. LiveWell is also always looking for Peer Leaders to receive training and co-lead future sessions.

LIVEWELL WITH CHRONIC CONDITIONS (RURAL)

LiveWell also offers chronic disease management programming in smaller centres outside of Saskatoon. These sessions are not necessarily specific to chronic pain, but still aim to help participants obtain information, learn new skills and abilities, and develop confidence in managing and coping with their chronic health condition. Programs may offer workshops that are 2.5 hours weekly for 6 consecutive weeks and are scheduled based on demand and enrollment. Other centres offer exercise therapy partnered with community exercise programs. Contact your nearest centre for more information about programming in your area.

Cost: Free

Locations (based on former health region):

Rural Central Booking

Toll Free:

1-855-250-7070

Athabasca Regional Health Authority

(Stony Rapids and Area)

306-439-2647

Cypress Health Region

(Swift Current and Area)

Toll Free: 1-877-401-8071

Five Hills Health Region

(Moose Jaw and Area)

306-694-0230

Heartland Health Region

(Rosetown and Area)

306-882-4111 ext. 2312

Keewatin Yatthé Health Region

(Île-à-la-Crosse and Area)

Contact provincial coordinator in Saskatoon to inquire:

306-655-0217

Kelsey Trail Health Region

(Nipawin and Area)

306-873-3760

Mamawetan Health Region

(La Ronge and Area)

Contact provincial coordinator in Saskatoon to inquire:

306-655-0217

Prairie North Health Region (The Battlefords and Area)

306-446-8613

Toll Free: 1-888-922-5867

chronicdisease@pnrha.ca

Prince Albert Parkland Health Region

(Prince Albert and Area)

Toll Free: 1-877-747-4363

livewellpa@paphr.sk.ca

Regina Qu'Appelle Health Region (Rural)

306-766-7370

healthpromotionrqhr@rqhealth.ca

Saskatoon Health Region (Rural)

306-655-5483

Toll Free: 1-877-548-3898

Sun Country Health Region

(Estevan and Area)

306-842-8711

Sunrise Health Region

(Yorkton and Area)

306-786-0236

LIVEWELL CHRONIC DISEASE MANAGEMENT: RHEUMATOLOGY PROGRAM

https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/CDM-Programs.aspx

Toll Free: 1-877-LIVE-898 (1-877-548-3898)

Cost: Free

Location: Saskatoon

Specific programming for individuals living with rheumatic diseases, including arthritis and ankylosing spondylitis, is aimed at helping people develop disease-specific self-management skills with the overall goal of improving daily functioning and quality of life. This team is made up of a rheumatology nurse clinician, dietitian, and exercise therapist who work closely with the client's rheumatologist and primary care provider to help clients manage their condition.

THE FIRST STEP PROGRAM

<https://www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness/registered-programs/first-step-program>

306-975-3121

sfh@saskatoon.ca

Cost: approx. \$260 for 3 months of exercise, 3 times/week, plus education. Accessibility funding may be available by contacting the program coordinator to apply.

Location: Saskatoon

This program is a partnership between Saskatchewan Health Authority, LiveWell Chronic Disease Management, and the City of Saskatoon Community Services Department. Its aim is to promote wellness through education, strength training, and aerobic exercise. An exercise specialist assesses participants' individual needs and works with individuals to set goals related to movement. Accepts self-referrals, but an application form is required.

LOVE2LIVE PROGRAM

<https://www.uregina.ca/kinesiology/dpsc/love-2-live/index.html>

306-585-4004

Cost: \$240 for 3 months of programming (regular rate is \$440, but is currently subsidized by Saskatchewan Blue Cross), cost subject to change at anytime

Location: Regina

Love2Live is a partnership between the Faculty of Kinesiology and Health Studies at the University of Regina and the Saskatchewan Blue Cross. The program aims to increase participants' level of physical fitness and functional capacity to improve quality of life. Physician referral is required.

ONLINE SELF-MANAGEMENT RESOURCES

ONLINE THERAPY UNIT

<https://www.onlinetherapyuser.ca>

Offered online through the University of Regina, these online courses were designed because chronic physical conditions, like chronic pain, are often connected to symptoms of depression and anxiety. The Chronic Conditions Course (including chronic pain) is made up of 5 lessons that each take 1 to 2 weeks to complete. The entire course is usually completed in 8 weeks. A course specific to psychoeducation for spinal cord injury rehabilitation could take up to 10 weeks to complete.

SASKATCHEWAN HEALTH AUTHORITY'S PAIN MANAGEMENT RESEARCH AND RESOURCES WEBPAGE

https://www.saskatoonhealthregion.ca/locations_services/Services/pain-management/Pages/ResearchResources.aspx

The Saskatchewan Health Authority has a pain management webpage that discusses the basics of chronic pain management, based on the 4 P's: preventative strategies, physical strategies, psychological strategies, and pharmacologic strategies. Their Research and Resources webpage catalogues a series of YouTube videos made here in the province, and links to other helpful resources.

TORONTO ACADEMIC PAIN MEDICINE INSTITUTE (TAPMI): PAIN U ONLINE

<http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>

TAPMI is a multi-site, interdisciplinary academic pain program in Toronto. Individuals living in the Greater Toronto Area can access TAPMI through referral for both individual consultations with various healthcare providers and group self-management and physiotherapy sessions. TAPMI now offers their complete Pain U self-management program for free online. This program is exceptionally robust and can be completed at any pace.

LIVE PLAN BE

www.liveplanbe.ca

Live Plan Be was developed by Pain BC to support individuals living with pain. Their website provides education about chronic pain, fillable self-assessment tools that may aid in tracking pain and function over time, and interactive goal-setting and action planning tools. Create an account to save self-assessments and action plans and to participate in the Live Plan Be community discussion forums.

MACQUARIE UNIVERSITY'S PAIN COURSE

<https://ecentreclinic.org/?q=PainCourse>

Based in Sydney, Australia, MacQuarie University's Pain Course is now accepting participants worldwide to take part in a free, online pain management program designed to provide information about chronic pain and teach practical skills for managing the impact of pain on daily activities and emotional wellbeing. The course content aims to provide information and skills typically provided by a clinical psychologist trained in pain management. This course is delivered over 8 weeks and features 5 online lessons, DIY guides to practice new skills, case stories and examples. An online application is required to be completed in order to participate.

RETRAIN PAIN

<https://www.retrainpain.org>

Retrain Pain is a free, online collection of lessons about pain-related topics available in 23 different languages. Lessons are designed to be completed slowly, in small sections, to encourage individuals to reflect on applying the information to their unique situation. Each lesson generally takes between only 1 and 5 minutes to work through.

THE PAIN TOOLKIT

<http://www.paintoolkit.org/pain-tools/setbacks>

The Pain Toolkit website is based in the UK, but many of their online tools and videos are available online for free. The Tools tab on their website currently has 12 short videos that cover fundamental self-management concepts and activities such as pacing, prioritising, goal setting and setback planning, relaxation, and exercise. These tools are also available in the Pain Toolkit app, but there is a cost associated with downloading the app on an Apple or Android device.

ALBERTA HEALTH SERVICES: CHRONIC PAIN MANAGEMENT LECTURE SERIES

<https://www.albertahealthservices.ca/services/Page2790.aspx>

Alberta's provincial health authority offers a series of recorded lectures uploaded to their official YouTube channel called AHChannel. Lecturers present information about the nature of pain and the body's reaction to chronic pain. Videos are categorized by self-management topic, and are usually less than 10 minutes each.

BOUNCEBACK ONLINE

<https://bouncebackvideo.ca/videos>

BounceBack is a free skill-building program offered through the Canadian Mental Health Association. It is designed to help individuals manage low mood, depression, anxiety, stress, and worry. The BounceBack Coaching and BounceBack Online programs are currently only offered to residents of BC and Ontario, but BounceBack Today Video is open-access to anyone online. Requires an email address to sign in using the link above (login code is **bbtodaybc**).

MULTIMEDIA RESOURCES

APPS

SELF-CARE APPS

| | | |
|--------------------------------|---|--|
| MindShift CBT – Anxiety Canada | From the Anxiety Canada Association, MindShift not only serves as a mood tracker and thought journal, but also features Cognitive Behavioural Therapy tools and prompts to help re-adjust thoughts to better cope. Tracking moods and thoughts may be particularly helpful for individuals who experience brain fog. | FREE Apple and Android |
| CBT-I Coach | Designed by the US Department of Veterans Affairs, CBT-I coach provides information about implementing Cognitive Behavioural Therapy for insomnia to improve sleep quality. The app features a sleep diary and guided relaxation exercises to help relax the body for sleep. | FREE Apple and Android |
| Woebot – your self-care expert | Woebot is a robot that uses artificial intelligence to guide users to use Cognitive Behavioural Therapy tools to improve their mood, reduce stress, and live happier. The app is supported by research from Stanford University. Woebot checks in every day with its users and guides them through practical techniques such as challenging negativity and stress, and practicing gratitude. The check-ins also track mood over time. | FREE to download, in-app purchases Apple and Android |
| Habit – Daily Tracker | Offers a simple and intuitive interface to track habits on a daily basis. Populates graphs and statistics to provide results on progress. | FREE to download, in-app purchases Apple and Android |
| Manage My Pain | Tracks pain intensity, characteristics, and frequency in a shareable format. This app encourages users to focus on meaningful activities instead of limitations created by their pain. | FREE to download, in-app purchases Apple and Android |

MEDITATION AND RELAXATION APPS

| | | |
|-----------|--|--|
| Headspace | Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health – including short SOS meditations for when you're on the go. | FREE to download, in-app purchases Apple and Android |
| Calm | A mindfulness app designed for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions range from 3 to 25 minutes in length. | FREE to download, |

| | | |
|-----------------------|--|---|
| | | in-app purchases Apple and Android |
| Smiling Mind | Developed by psychologists and educators, Smiling Mind is designed to assist people in dealing with the pressure, stress, and challenges of daily life. | FREE Apple and Android |
| Insight Timer | Offers over 300,000 free meditations, in a variety of styles, from the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers. | FREE Apple and Android |
| Stop, Breathe & Think | Encourages you to check in with your emotions and recommends short guided meditations tuned to how you feel. A streak counter acts as a reward system to encourage daily meditation. | FREE to download, in-app purchases Apple and Android |
| Relax Now | Delivers guided hypnotherapy through a combination of spoken word and uplifting "binaural" music from a certified hypnotherapist. | FREE Apple and Android |
| The Breathing App | Based on the concept of resonant breathing, this app uses an exceptionally simple design to guide the length of each inhale and exhale to induce a sense of calm. | FREE Apple and Android |

MEDICATION MANAGEMENT APPS

| | | |
|-------------------------------|---|-----------------------------|
| My Opioid Manager | Developed at University Health Network in Toronto, this app can be used to track medications, create pain diaries, and document pain on body diagrams. | FREE Apple and Android |
| MyTherapy: Medication Tracker | Tracks medication administration, blood pressure, heart rate, and a range of other health measurements in one app. Also contains an inventory manager that sends notifications when prescription refills are nearing due. | FREE Apple and Android |
| MediSafe | MediSafe is a very well designed and visually appealing app that can help individuals remember to take their scheduled medications on time. Users can select an icon to represent each medication to serve as a visual reminder. The app also contains medication-related advice and health information videos. | FREE Apple and Android |
| Pillboxie | Pillboxie is a very visually appealing app that reminds users to take their medications as scheduled. Users can select from various tablet and capsule shapes and capsules in the app to represent their actual medications and decrease the change of medication administration errors. | \$2.79 Apple and Android |
| About Herbs | From the Memorial Sloan-Kettering Cancer Center, About Herbs features evidence-based information on over 200 herbal products in patient-friendly language. | FREE Apple and Android |

Some pharmacies have their own app that integrates with the computer system at the pharmacy to synchronize prescription refills and reminders. Inquire at your preferred pharmacy for more information.

YOUTUBE VIDEOS

Click on the video title to bring up the video on YouTube.

| Topic | Video Title | Channel | Length |
|---|---|---|---------|
| Understanding chronic pain | Tame the Beast | Tame the Beast – It's time to rethink persistent pain | 05:00 |
| | Understanding Pain Rebrand | Intermountain Healthcare | 06:05 |
| | TEDxAdelaide – Lorimer Moseley – Why Things Hurt | TEDx Talks | 14:32 |
| | Pain and the brain Julia Gover TEDxNorthwich | TEDx Talks | 11:18 |
| | Explaining Pain | AHSChannel | 1:17:37 |
| Neuropathic (nerve) pain | Know your pain: 4. Neuropathic pain | 2will physiotherapy & pain management clinic | 03:39 |
| Central sensitization | What is Central Sensitisation? Why does it affect us the way it does? | Northern Pain Centre | 02:49 |
| | Dr. Sletten Discussing Central Sensitization Syndrome (CSS) | Mayo Clinic | 13:21 |
| | CCDP: What are Central Sensitivity Syndromes | BC Women's Hospital + Health Centre | 04:09 |
| Chronic widespread pain syndrome (aka fibromyalgia) | Fibromyalgia by Dr. Andrea Furlan, MD PhD | Dr. Andrea Furlan | 08:08 |
| | Q&A "Why some people get fibromyalgia?" by Dr. Andrea Furlan MD PhD | Dr. Andrea Furlan | 07:42 |
| Low Back Pain | Low Back Pain | DocMikeEvans | 11:05 |
| Pain and the Brain (neuroplasticity) | Pain, the brain and your amazing protectometer – Lorimer Moseley | Musculoskeletal Australia | 1:23:09 |
| | Lorimer Moseley 'Body in mind the role of the brain in chronic pain' at Mind & Its Potential 2011 | People in Pain Network | 24:10 |
| | How The Brain Changes With Chronic Pain | Pathways Pain Relief | 02:02 |
| | Explaining Brain Smudging | Neuro Orthopaedic Institute NOI | 04:42 |
| | The Drug Cabinet in the Brain | Neuro Orthopaedic Institute NOI | 05:44 |
| Understanding self-management | Understanding Pain: Brainman chooses | Brainman | 02:29 |
| | What is self-management? | KYOHealth | 04:06 |
| | Self Managing and Self Management support | People in Pain Network | 03:09 |
| | Pain and Me: Tamar Pincus talks about chronic pain, acceptance and commitment | Royal Holloway Psychology | 03:06 |
| | Pain Toolkit | EndemicDigital | 09:42 |
| | 90:10 The Single Most Important Thing You Can Do For Your Stress | DocMikeEvans | 11:00 |
| Sleep | Sleep and Chronic Pain: How to Rest Well | Jonathan Kuttner | 07:25 |

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|----------------------------------|---|--|----------------------|
| | Cognitive Behavioral Therapy for Insomnia | Psych Hub Education | 04:00 |
| Guided relaxation and meditation | One-Moment Meditation: “How to Meditate in a Moment” | Martin Boroson | 05:35 |
| | CPS Progressive Muscle Relaxation | Cara Kircher | 19:51 |
| | CPS Breathing Space | Cara Kircher | 04:02 |
| | CPS Body Scan Relaxation | Cara Kircher | 22:47 |
| | Exercise: How to Get Started When You Have Chronic Pain | Jonathan Kuttner | 07:08 |
| Movement and exercise | Stay Active at Home – Strength and balance exercises for older adults | Chartered Society of Physiotherapy | 03:55 |
| | painHEALTH – Pacing and Goal Setting | painHEALTH | 06:28 |
| | Chronic Pain and the Boom Bust Cycle | People in Pain Network | 03:57 |
| | Gentle Tai Chi and Qi Gong LEAP Service | Cara Kircher | 24:34 |
| | Gentle Chair Yoga 10 min | Cara Kircher | 13:32 |
| | Later Life Training (YouTube channel) | Later Life Training | New videos weekly |
| | Over 70’s Fitness Classes (video series) | Bryn Kennard | New videos weekly |
| | One Simple Solution for Medication Safety | DocMikeEvans | 09:00 |
| | How Do Pain Relievers Work? – George Zaidan | TED-Ed | 04:13 |
| | Best Advice for People Taking Opioid Medication | DocMikeEvans | 11:35 |
| Medications | Question Opioids | ISMP Canada | Playlist of 8 videos |
| | Naloxone Facts | 5in5 App | 01:51 |
| | Naloxone Made Easy | 5in5 App | 01:42 |
| | SAVE ME Steps for NaloxoneTraining.com | Available at | 06:17 |
| | How To Use Naloxone (Narcan) | towardtheheart.com/naloxone-training | 03:21 |

PODCASTS

AIRING PAIN

Available online at: <http://painconcern.org.uk/airing-pain>

Also available on Apple Podcasts, Audioboom, Spotify and Stitcher

With over 120 episodes, Airing Pain brings together people with chronic pain and medical specialists to discuss the chronic pain experience. Episodes cover a variety of topics including disease-state information about specific chronic pain diagnoses, as well as self-management and coping strategies.

LIFE OVER PAIN

Available online at: <https://player.fm/series/life-over-pain>

Also available on Apple Podcasts

Each episode of Life Over Pain features an inspiring story from someone who has lived with chronic pain and/or traumatic brain injury. Their stories are focused on sharing how they decided to make choices to adapt their circumstances to create lives full of value, despite pain and loss.

PAIN WAVES PODCAST FROM PAIN BC

Available online at: <https://www.spreaker.com/show/pain-waves>

Also available on Apple Podcasts, iHeartRadio, and Spotify

Pain Waves is a podcast created by Pain BC. Episodes feature specialists in the area of chronic pain talking about a variety of related topics. Episodes may also feature patient advocates sharing their stories about living with chronic pain.

PAINWEEK PODCASTS

Available online at: <https://www.painweek.org/media/listen>

Also available on Apple Podcasts, Google Play Music, Spotify, and Stitcher

The majority of the hundreds of podcasts curated on this site are geared toward frontline practitioners, but many are highly applicable to patients wanting to learn more about chronic pain, in general, or about specific pain diagnoses such as chronic pelvic pain and central post-stroke pain.

TAME THE BEAST: REAL STORIES OF RECOVERY

<https://www.tamethebeast.org/stories>

Each podcast episode features a real-life story from someone with lived experience dealing with chronic pain. Episodes are less than 15 minutes in length. Available for free on the Tame the Beast website, each episode is accompanied by a summary of key learning points and information about digging deeper and learning more.

BOOKS

| Topic | Title | Author | Year | Available at SILS ⁺ |
|--|--|--|------|--------------------------------|
| Understanding Chronic Pain | Explain Pain (Second Edition) | David Butler and Lorimer Moseley | 2013 | No |
| | Explain Pain Protectometer | David Butler and Lorimer Moseley | 2014 | No |
| | Painful Yarns: Metaphors and Stories to Help Understand the Biology of Pain | Lorimer Moseley | 2007 | No |
| Fibromyalgia | Fibromyalgia & Chronic Myofascial Pain: A Survival Manual | Devin Starlanyl | 2001 | Yes |
| | The Fibromyalgia and Chronic Fatigue and Life Planner Workbook: Healing Resources for Patients, Family and Friends | Dawn Hughes | 2001 | No |
| Mind-body connection and neuroplasticity | The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity | Norman Doidge | 2015 | Yes |
| | The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science | Norman Doidge | 2008 | Yes |
| Self-Management | Mind Over Mood: Change How you Feel by Changing the Way you Think | Dennis Greenberger | 2016 | Yes |
| | Managing Pain before it Manages You | Margaret Caudill | 2016 | Yes |
| | Change your Pain Pathways: Ways to Cope with Pain in Daily Life | Bonnie Cai-Duarte, Cara Kircher, Bronwen Moore, Sarah Sheffe | 2018 | No |
| | Pain Management for Older Adults: A Self-Help Guide | Thomas and Heather Hadjistravropoulos | 2008 | No |
| | Understand Pain, Live Well Again: Life is Now | Neil Pearson | 2015 | No |
| | Break Through Pain: A Step-By-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain | Shinzen Young | 2004 | Yes |
| | Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy | Steve C. Hayes | 2005 | No |
| | The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT | Russ Harris | 2008 | Yes |
| | Quiet Your Mind & Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain | Colleen Carney and Rachel Manber | 2009 | Yes |
| | The Sleep Book: How to Sleep Well Every Night | Guy Meadows | 2014 | No |
| | Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain | Kelly McGonigal | 2009 | Yes |

| | | | | |
|---|---|--------------------|------|-----|
| Personal Perspectives on Living with Pain | The Pain Chronicles: Cures, Myths, Mysteries, Prayers, Diaries, Brain Healing, and the Science of Suffering | Melanie Thernstrom | 2010 | Yes |
| | Inside Chronic Pain: An Intimate and Critical Account | Lous Heshusius | 2011 | No |
| | Pain: The Fifth Vital Sign | Marni Jackson | 2002 | Yes |
| | My Imaginary Illness: A Journey into Uncertainty and Prejudice in Medical Diagnosis | Chloe G.K. Atkins | 2011 | No |

† SILS = Saskatchewan Information Library Consortium

About library access through SILS: One library card provides residents of Saskatchewan with easy access to materials held at over 300 public library branches across the province. All municipal and regional library systems listed below share materials across the province. Public library holdings for the entire province are accessible through a single online catalogue, available at any of the links below or at <http://catalogue.sasklibraries.ca/>.

MUNICIPAL LIBRARIES

Regina Public Library

2311 12th Ave
Regina, SK
<http://www.reginalibrary.ca>

Saskatoon Public Library

311 23 Street East
Saskatoon, SK
<http://www.saskatoonlibrary.ca>

Prince Albert Public Library

125 – 12th Street East
Prince Albert, SK
<http://www.jmcp.ca>

REGIONAL LIBRARY SYSTEMS

Chinook Regional Library

1240 Chaplin Street West
Swift Current, SK
<https://chinooklibrary.ca>

Lakeland Library Region

1302 100th Street
North Battleford, SK
<https://lakelandlibrary.ca>

Southeast Regional Library

49 Bison Ave
Weyburn, SK
<http://southeastlibrary.ca>

Parkland Regional Library

P.O. Box 5049
Yorkton, SK
<https://parklandlibrary.ca/>

Palliser Regional Library

366 Coteau Street West
Moose Jaw, SK
<https://palliserlibrary.ca>

Wapiti Regional Library

145 12th Street East
Prince Albert, SK
<https://wapitilibrary.ca>

Wheatland Regional Library

806 Duchess Street
Saskatoon, SK
<https://www.wheatland.sk.ca>

Pahkisimon Nuye?áh Library System

118 Avro Place
Air Ronge, SK
<https://pahkisimon.ca>

MENTAL HEALTH COUNSELLING

EMERGENCY/CRISIS HOTLINES

https://sk.211.ca/saskatchewan_247_hour_crisis_hotlines#6th

A complete and up-to-date directory of general crisis counselling, mobile crisis units throughout the province, suicide prevention lines, and domestic violence services. **Never hesitate to call if you are in a crisis, or if your life or someone else's is in danger.**

Saskatoon Mobile Crisis - 24/7

306-933-6200

Regina Mobile Crisis Services - 24/7

306-757-0127

Suicide Hotline: 306-525-5333

Central Saskatchewan West Central Crisis and Family Support Centre

306-463-6655 (Mon-Fri 9:00AM – 5:00PM)

306-933-6200 (After hours)

North Saskatchewan Piwapan Women's Centre Crisis Line – 24/7

306-425-4090

Prince Albert Mobile Crisis Unit - Mon-Fri 4:00PM – 8:00AM, Sat-Sun 24h

306-764-1011

Southwest Saskatchewan Southwest Crisis Services – 24/7

1-800-567-3334

Crisis Services Canada – Suicide Prevention and Support - 24/7

Toll Free: 1-833-456-4566

416-915-4566

COMMUNITY ADULT MENTAL HEALTH SERVICES

https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/CommunityAdultMentalHealthServices.aspx

Centralized Intake for the province: 306-655-7777

Cost: Free

Location: throughout Saskatchewan

Individuals who are experiencing significant distress related to anxiety, depression, stress-related problems, isolation and loneliness, oppression, trauma, abuse, violence, or relationship issues can receive appropriate counselling services. Staff at Centralized Intake can triage and connect individuals to resources and professionals in their area.

LIVEWELL CHRONIC DISEASE MANAGEMENT: CLINICAL HEALTH PSYCHOLOGY

https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Clinical-Health-Psychology.aspx

306-655-2341

Cost: Free

Location: Saskatoon

A clinical health psychologist is trained to apply psychological and behavioural strategies to address health related concerns. They can help individuals to better cope with stress related to illness by having open and confidential discussions about your concerns. A referral from a healthcare professional is required.

PRIVATE PSYCHOLOGICAL COUNSELLING

Public directory of registered psychologists in Saskatchewan: http://www.skcp.ca/?page_id=53

Cost: May be associated with cost

Location: throughout Saskatchewan

211 SASKATCHEWAN

<https://sk.211.ca/>

Call or text 2-1-1

211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listing of social, community, non-clinical health, and government services across the province. Over 175 languages, including 17 Indigenous languages, are available over the phone. By clicking the icon for Mental Health & Addictions on the webpage and typing in a postal code or location, 211 Saskatchewan can provide information about counselling services available in specific communities.

211 SASKATCHEWAN FIRST NATIONS, MÉTIS, AND INUIT SERVICES AND INFORMATION

<http://aboriginal.sk.211.ca/>

Call or text 2-1-1

211 Saskatchewan also have a search engine specific to Indigenous organizations in Saskatchewan that provide services in a number of areas, including mental health. This resource can be used in the exact same way as 211 Saskatchewan, as described above.

MEDICATION AND COMPLEMENTARY THERAPIES INFORMATION

The clinical team at MAC iOPS specializes in helping individuals find the right medication to better manage their chronic pain and other related symptoms. The MAC iOPS pharmacists can provide personalized medication-related information for individual patients, but some people may also wish to do their own reading and research about potential medication options. The following evidence-based resources can provide additional information.

GOVERNMENT OF SASKATCHEWAN HEALTH BENEFITS COVERAGE WEBPAGE

<https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/health-benefits-coverage>

The government's website offers information about covered health services in the province, including prescription coverage. Searching the Saskatchewan Drug Plan's [drug formulary](#) can provide information about which medications are publicly covered for those who meet eligibility criteria. Your local pharmacist can help with interpreting this information and providing an idea of what might be covered in individual cases.

HAMILTON HEALTH SCIENCES MICHAEL G. DEGROOTE PAIN CLINIC PATIENT RESOURCES

<https://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/resources/>

The Michael G. DeGroot Pain Clinic is one of Canada's leading pain clinics. Their website contains a variety of useful resources for people living with chronic pain, including information packages for download about the most commonly used pain medications, interventional procedures, and complementary care options, such as acupuncture.

OPIOID WISELY (CHOOSING WISELY CANADA)

<https://choosingwiselycanada.org/campaign/opioid-wisely/>

Choosing Wisely Canada is a national organisation aimed at reducing unnecessary tests and treatments in health care. One of their campaigns, called Opioid Wisely, launched in 2018 with the support of over 30 participating healthcare organizations. The campaign was initiated at the encouragement of Pan-Canadian Collaborative on Education for Improved Opioid Prescribing. This website contains several patient resources to help individuals better understand when opioids can be helpful and when they should be avoided.

INFORMATION ABOUT NALOXONE

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support/opioids#preventing-opioid-overdoses-take-home-naloxone>

Anyone who uses opioids is at risk of an opioid overdose, including prescription opioid use. The Government of Saskatchewan website has information about preventing opioid overdoses from both prescribed opioids and illicit use. Naloxone is the antidote that temporarily reverses the opioid's effect. Saskatchewan residents who are at risk of an opioid overdose, and perhaps more importantly the people around them who might witness an overdose, are eligible for free training and a free Take Home Naloxone (THN) kit. Information about the government's THN program and training can be found at this website.

ABOUT HERBS DATABASE

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/search>

The Memorial Sloan-Kettering Cancer Center, based in New England, offers one of the most comprehensive open-access databases for patient and health provider information about herbal and botanical products. With information on over 275 products, each specific page features information on the herb's known or suspected mechanism of action, most common reasons for use, warnings, potential side effects and adverse reactions, and herb-drug interactions.

ABOUT MIND-BODY THERAPIES DATABASE

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/mind-body>

The Memorial Sloan-Kettering Cancer Center website also features a database of evidence-based information about complementary care, including acupuncture, aromatherapy, massage therapy, meditation, music therapy, Qigong, Tai Chi (Tai Ji), and yoga. Note that this information is not specific to people experiencing chronic non-cancer pain, but that these resources are quite robust and offer information based on scientific research.

MEDSASK CONSUMER LINE

<https://medsask.usask.ca/general-public/what-we-do.php>

306-966-6378

Toll Free: 1-800-665-3784

med.sask@usask.ca

Like the Medication Assessment Centre and MAC iOPS, medSask is another clinical program run by the College of Pharmacy and Nutrition at the University of Saskatchewan. medSask is a source for reliable and accurate information about prescriptions, over-the-counter medications, and herbal remedies for Saskatchewan residents. medSask pharmacists may provide information when your primary care provider or regular pharmacist are not available, such as in the evening or on the weekend.

RXFILES PATIENT INFORMATION BOOKLETS

RxFiles is another clinical service linked to the College of Pharmacy and Nutrition. RxFiles specializes in developing resources and tools to help healthcare professionals keep up to date with the latest and most accurate drug information. RxFiles has also developed patient information booklets on a variety of substances used to treat chronic pain and associated diagnoses, including opioids, benzodiazepines, and cannabis. Ask your MAC iOPS pharmacist for an electronic or hard copy of any of these booklets.

MOVEMENT AND EXERCISE

PHYSIOCANHELP.CA

<https://physiocanhelp.ca/symptoms-conditions/pain/>

The Canadian Physiotherapy Association's patient website features information specifically about using physiotherapy and exercise to better manage chronic pain.

SASKATCHEWAN PHYSIOTHERAPY ASSOCIATION

<https://saskphysio.org/physiotherapy/alternative-to-opioids>

306-955-7265

Visit the Saskatchewan Physiotherapy Association to learn more about the role of physiotherapy in the management of chronic pain. The SPA website also features a directory of private and public practice physiotherapists specifically trained to help with pain.

SASKATCHEWAN HEALTH AUTHORITY PHYSICAL THERAPY SERVICES (SASKATOON AND AREA)

https://www.saskatoonhealthregion.ca/locations_services/Services/Physical-Therapy/Pages/SHR-Physical-Therapy-Services.aspx

Saskatoon: 306-655-2431

Rural: 306-682-8105

Physical therapists in outpatient clinics associated with the Saskatchewan Health Authority may be able to help with managing chronic pain.

PELVIC FLOOR REHABILITATION PROGRAM

<http://saskphysio.org/physiotherapy/conditions-treated/108-pelvic-floor>

306-655-8208

Cost: individuals may be eligible for publicly funded physical therapy treatment

Location: Saskatoon

Women and men with persistent pain related to pelvic floor dysfunction can be seen for assessment and treatment by a physical therapist with specialized training. Physician referral is required.

REACHOUT! VIRTUAL PEER GROUP – HOME WORKOUT

<https://sci-bc.ca/event-dir/reachout-virtual-peer-workout/>

Join Peer Program Coordinator Scotty and Peer Marney for an at-home 30-minute group fitness session on Fridays. Anyone is welcome to join! It is best to connect with video, but audio and dial-in is available. This event is part of SCI BC's ReachOut! Virtual Peer Groups. Zoom online conferencing and telephone dial-in is used to connect with everyone. Details on how to connect are available on their website.

LEISURE CENTRES AND REGISTERED COMMUNITY PROGRAMS

Saskatchewan, as a province, is not short on places to go and things to do to get people up and moving. Many of the major cities and towns have community facilities and programming to help keep their population active. More information can be found by searching a specific community's webpage for information on leisure services and facilities, or by calling the town hall to inquire. Some communities might even have Facebook pages run by citizens with similar interests who get together to stay active.

Saskatoon Parks, Recreation & Attractions

<https://www.saskatoon.ca/parks-recreation-attractions/recreational-facilities-sport-fields>

Regina Parks, Recreation, and Culture

<https://www.regina.ca/parks-recreation-culture/classes-programs/>

NUTRITION

EAT WELL SASKATCHEWAN

<https://eatwellsask.usask.ca/>

1-833-966-5541

eatwell@usask.ca

Eat Well Saskatchewan is a dietitian call center operating out of the College of Pharmacy and Nutrition at the University of Saskatchewan. The service provides free, confidential, easy access to the trusted advice of a dietitians to help individuals make healthier food choices and answer food and nutrition questions. Hours of operation can be found on Eat Well's website.

COOKSPIRATION

<https://www.cookspiration.com/>

Cookspiration was developed by Dietitians of Canada to provide Canadians with trusted nutrition and healthy eating advice on hundreds of topics. Recipes and information are categorized into dozens of genres. The website also features an interactive menu planner that can provide recipes, grocery lists, and nutrition facts for a variety of needs and diets, such as vegetarian, dairy free, gluten free, budget friendly, and kid approved. Cookspiration also has an app for download on Apple and Android.

UNLOCKFOOD.CA

<https://www.unlockfood.ca/en/default.aspx>

UnlockFood.ca is Canada's source for information on nutrition, food, and healthy eating. The website features recipes, videos, and interactive healthy eating tools. All content is written and reviewed by dietitians using trusted, practice-based evidence. Use the Find a Dietitian directory to find a dietitian in your area.

211 SASKATCHEWAN

<https://sk.211.ca/>

Call or text 2-1-1

211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listing of social, community, non-clinical health, and government services across the province. Over 175 languages, including 17 Indigenous languages, are available over the phone. By clicking the icon for Food Security on the webpage and typing in a postal code or location, 211 Saskatchewan can provide information about food banks, free/low-cost meals, home-delivered meals, and community kitchens available in specific communities.

PATIENT AND PEER SUPPORT GROUPS

Living with chronic pain is often an isolating experience, especially for individuals who feel that no one understands what they are experiencing. Connecting to peer support groups can help individuals receive empathy and support that can improve quality of life and ability to cope. Even “liking” and following an organization on Facebook that supports the improvement of chronic pain management can help increase the sense of engagement in a supportive community.

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| Action Ontario (for people with neuropathic pain) | https://actionontario.ca/ |
| Arthritis Foundation | https://www.arthritis.org/health-wellness/detail?content=aboutarthritis |
| Canadian Arthritis Patient Alliance | http://arthritispatient.ca/ |
| Canadian Cancer Survivor Network | https://survivornet.ca/ |
| Canadian Organization for Rare Disorders | www.raredisorders.ca |
| Canadian Spondylitis Association | https://www.spondylitis.ca/ |
| Canadian Women’s Health Network | http://www.cwhn.ca/en |
| Crash Support Network (for survivors of motor vehicle accidents) | https://crashsupportnetwork.com/ |
| Crohn’s and Colitis Canada | https://crohnsandcolitis.ca/ |
| Chronic Pain Association of Canada | https://chronicpaincanada.com/index.html |
| Endometriosis Network of Canada | https://endometriosisnetwork.com |
| Endometriosis Support Group YQR | https://www.facebook.com/ReginaEndoAwareness/ |
| International Pelvic Pain Society | https://www.pelvicpain.org/ |
| Lupus Canada | https://www.lupuscanada.org/ |
| Migraine Canada | https://migrainecanada.org/ |
| Mood Disorders Association of Canada | https://mdsc.ca/ |
| Pain BC | https://www.facebook.com/PainBc |
| Patients Like Me (variety of chronic pain conditions) | https://www.patientslikeme.com/ |
| RSD/CRPS Canada (Reflex Sympathetic Dystrophy and Complex Regional Pain Syndrome) | http://www.rsdcanada.org/ |
| Saskatchewan Pelvic Pain & Endometriosis Warriors | https://www.facebook.com/groups/SaskEndoWarriors |
| Scleroderma Canada | https://www.scleroderma.ca/ |
| Sjögren’s Society of Canada | www.sjogrenscanada.org |
| Spinal Cord Injury Ontario E-Community | https://sciontario.org/ |
| The Canadian Arthritis Society | https://arthritis.ca/ |
| Trigeminal Neuralgia Association of Canada | http://tnac.org/tnac/ |
| Veterans Affairs | https://www.veterans.gc.ca |
| Women’s Health Initiative Network | http://whin.ca/ |

FEEDBACK & QUESTIONS

If you have any questions or comments about the tools and resources listed in this document, speak with your MAC iOPS pharmacist. If you would like to suggest a new section or specific resource, contact taylor.raiche@usask.ca.