



UNIVERSITY OF SASKATCHEWAN

Chronic Pain Clinic

COLLEGE OF PHARMACY AND NUTRITION

CHRONIC PAIN TOOLKIT

**Medication Assessment Centre
USask Chronic Pain Clinic**

College of Pharmacy and Nutrition, University of Saskatchewan

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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

healthpromotionrqr@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/Programs/Rheumatology-.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.

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.pain toolkit.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 AHSChannel. 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

	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 towardtheheart.com/naloxone-training	06:17
	How To Use Naloxone (Narcan)		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
<https://princealbertlibrary.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/emergency-crisis-hotlines/>

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.

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 UCPC specializes in helping individuals find the right medication to better manage their chronic pain and other related symptoms. The MAC UCPC 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/about-us/contact-us>

306-966-6378

Toll Free: 1-800-665-3784

med.sask@usask.ca

Like the Medication Assessment Centre and MAC UCPC, 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 UCPC pharmacist for an electronic or hard copy of any of these booklets.

MOVEMENT AND EXERCISE

SASKATCHEWAN PHYSIOTHERAPY ASSOCIATION

<https://saskphysio.org/for-the-public/physio-an-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.

REACHOUT! VIRTUAL PEER GROUP – HOME WORKOUT

<https://sci-bc.ca/reach-virtual-peer-support-group/>

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.

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/
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

FEEDBACK & QUESTIONS

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