

Finding Strength In Pain – Resources

Useful websites

Pain Concern Charity focused on providing information and support for those in pain and those looking after those in pain. Also actively involved in campaigning for the provision of pain management services
<https://painconcern.org.uk>

The British Pain Society Multi-disciplinary pain charity focused on promoting education, training, research, and development in all fields of pain
<https://www.britishpainsociety.org>

Pathway through Pain Self-management program developed to help people improve and manage their chronic pain
<https://www.pathwaythroughpain.com>

Psychophysiologic Disorders Association Non-profit with a mission to end chronic pain by advancing the awareness, diagnosis and treatment of neuroplastic symptoms, such as chronic pain, migraines, and fibromyalgia
<https://ppdassociation.org>

Flippin' Pain Public health campaign to change the way we think about, talk about and treat persistent pain
<https://www.flippinpain.co.uk/resources> & <https://www.flippinpain.co.uk/understanding-pain>

Act Mindfully Information about ACT and how it can improve people's lives through different psychological techniques
<https://www.actmindfully.com.au>

NHS Website that talks about Cognitive Behavioural Therapy (CBT) and how it works
<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/how-it-works>

John Hopkins Medicine This website talks about chronic pain, what it is and what options there are for treatment and management
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/chronic-pain>

Pain Revolution This charity, based in Australia, is focused on training healthcare professionals to have advanced knowledge of pain science. The website contains several useful factsheets that explain chronic/persistent pain in detail
<https://www.painrevolution.org/factsheets>

Curable Private organisation that uses the latest in pain science to understand and explain the role that the brain and central nervous system play in the development, maintenance and recovery from chronic pain
<https://www.curablehealth.com>