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Chronic pain: Supported self help and signposting



***Information for people
affected by chronic pain***

Grampian Pain Service

What is chronic pain?

Chronic pain is pain that has lasted for more than 3 months, and affects many people in the UK. It can have a significant effect on people's lives, causing disability, sadness and frustration.

Often there is no cure for chronic pain. Therefore, learning skills to manage your pain is important to help you live as well as you can. These skills can empower you to help yourself to improve your health and life situation.

Supported Self Management

Self management does not mean that you are left to your own devices, but that the only person who can learn to live well with your pain is **you**. There are many resources available to help you to do this and to get you started we have listed a few.

Most of these are resources were not developed by the NHS, so we can't guarantee the quality of the content. If you want to feed back on any of the resources listed here, you can do so using the telephone number on the last page of this leaflet.

Remember that the more you can do for yourself the better your outcome!

National Chronic Pain Website

This is a newly launched Internet site, which is overseen by the National Chronic Pain Improvement Group. It is aimed at providing reliable information and advice about how to help with chronic pain.

 **www.chronicpainscotland.org**

Chronic pain charities

There are several national charities working to help people with chronic pain, with information on their websites and from their telephone helplines.

Pain Concern

Pain Concern is a charity working to support and inform people with pain and those who care for them.

 **www.painconcern.org.uk**

) 0300 123 0789

Pain Concern also has a forum, which works like a social network for people with chronic pain, where they can find others with similar experiences and help each other to take on day to day health and pain challenges together.

 **www.painconcern.healthunlocked.com**

Action on Pain

Action on Pain is a national charity established in 1998 by a person with chronic pain, as a result of his own frustration that it took so long to get helpful treatment.

📞 www.action-on-pain.co.uk

) 0345 603 1593

Pain Association Scotland

Pain Association Scotland is a national organisation that has developed and is delivering self management training for people with chronic pain in some areas of the country.

📞 www.painassociation.com

) 0800 783 6059

The Pain Toolkit

A collection of tools and techniques formulated by somebody with chronic pain himself.

📞 www.paintoolkit.org

Living with Chronic Pain

A website that provides free relaxation downloads and information about managing pain.

📞 www.paincd.org.uk

Understanding chronic pain

There are many films on the Internet that are trying to explain what chronic pain is. A short one is

 www.youtube.com/watch?v=C_3phB93rvI

Mindfulness for chronic pain

There are many websites aimed at helping people with chronic pain, stress and illness. The main one is Breathworks, on

 www.breathworks-mindfulness.org.uk

<h2>Pain Support Groups</h2>

There are also more local support groups around to help you, either through meetings or telephone contact.

Grampian Pain Support

 www.grampianpainsupport.btck.co.uk

 www.facebook.com/groups/956700777703213/?ref=br_rs

 **01330 810121 or 07807 982317**

Affa Sair

 www.affasair.weebly.com

 www.facebook.com/groups/affasair

Apps

There are many apps on the market to help people deal with their Chronic Pain, available at

 www.play.google.com/store/search?q=chronic%20pain&c=apps

Chronic pain and your mood

Living with chronic pain can be difficult, and can affect your mood. There are several resources that can provide practical advice, strategies and support to help you with these challenges.

Breathing Space

A free and confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

 www.breathingspace.scot

 **0800 83 85 87**

Living Life NHS 24

A guided self help service for people suffering from low mood, mild to moderate depression and/or anxiety, where guided Cognitive Behavioural Therapy (CBT) is provided over the telephone.

 www.nhs24.com/usefulresources/livinglife/

 **0800 328 9655**

Mood Juice NHS Scotland

An online website designed to help you think about emotional problems and work towards solving them.

 www.moodjuice.scot.nhs.uk

Living Life to the Full

A free online course, which provides access to high quality, practical and user-friendly training in life skills to teach key knowledge in how to tackle and respond to challenges in everyday life

 www.lltff.com

Headspace

A website for mindfulness meditation made simple.

 www.headspace.com

Smiling Mind

Mindfulness for young people and adults.

 www.smilingmind.com.au

Cognitive Behavioural Therapy (CBT) Self Help

CBT self help information, resources and free downloads.

 www.getselfhelp.co.uk

General support - local

Grampian Care Data

A free local care, community and health information service provided for the people of the North East of Scotland to support self management of long term conditions, aimed at signposting you to NHS, public authority and charitable services in the area that may be helpful.

 www.grampiancaredata.gov.uk

 **01651 872727**

Healthpoint

NHS Grampian Healthpoint is your one-stop health information point, offering free confidential information, advice and access to reputable services, in a friendly welcoming environment, by trained health advisors available to help you with information and advice on a wide range of health related issues. You can find them at:

- Aberdeen Community Health and Care Village, 50 Frederick Street, Aberdeen
- Aberdeen Royal Infirmary Concourse, Foresterhill, Aberdeen
- The Hot Spot, 1-3 Kirk Street, Peterhead
- Fraserburgh, 58A High Street /Fraserburgh Hospital Concourse
- Dr Gray's Hospital, Elgin

Other ways to contact Healthpoint

📞 Phone the free health line on 08085 20 20 30

Call between Monday to Friday, 9am to 5pm. Any information requested is sent by post free of charge. All calls are confidential and are answered by trained health advisers.

Text the word 'Info' to 82727

A Healthpoint advisor will call you back during office hours to discuss your query. Texts are a standard network charge and all calls are made in the strictest of confidence

You can also contact the Healthpoint team for information by email at the following address

✉ **healthpoint@nhs.net**

Books

There are many helpful books available, such as

Manage Your Pain: Practical and Positive Ways of Adapting to Your Chronic Pain (by Michael Nicholas et al.)

If you have been told to find a way of living with pain, this book can help. It will guide you towards making the first steps on this path, and help you find practical strategies that work for you.

**Living Beyond Your Pain: Using Acceptance & Commitment Therapy to Ease Chronic Pain
(by Joanne Dahl & Tobias Lundgren)**

This book starts from the assumption that pain is a normal part of living and that fighting it usually causes more struggle and pain. It will help you to find a way of accepting and learning to live with pain in order to gain more ease and control over your life.

**Mindfulness for Health
(by Vidyamala Burch and Danny Penman)**

Mindfulness is a very down to earth and practical approach, which is gaining in popularity for many health conditions. The authors of this book have chronic pain themselves and bring their understanding to the 8 week programme the book provides.

Please note that NHS Grampian is not responsible or liable for the quality of the information, resources or maintenance of external websites. Any advice on external websites is not intended to replace a consultation with an appropriately qualified medical practitioner.

This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 1561

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call (01224) 554149 to let us know.