

Patient resources to help with Chronic Pain

We know it can be really challenging living with chronic pain and that medication doesn't always help and can cause harm. The experience of pain can be greatly reduced by: daily activities, staying as fit as possible, reducing stress, learning relaxation techniques and ways to improve your general well-being and mental health. Here are some resources which could help you to manage your pain and improve your quality of life (some are registered charities). If you can't access the internet or you are not sure where to start please contact your GP practice.

Name of service or resource and how it could help you	How you can access it
Self-help – learning about pain and ways to help manage it.	
Sheffield aches and pains website (SAAP) This website has been put together by Sheffield hospital specialists and other clinicians with a special interest in managing pain. It covers education, sleep, flare ups, mood and life/relationships.	Visit: https://www.sheffieldachesandpains.com Click link 'persistent pain'
My Live Well with Pain website Lots of resources to help you learn skills for managing your pain, including: Ten footsteps towards supporting you to live well with pain.	Visit: http://my.livewellwithpain.co.uk/ . Ten footsteps as interactive guide or a leaflet .
Pain toolkit This contains twelve pain tools written by Pete Moore, who after living with pain wrote a self-management guide with the help of healthcare professionals. It also has a resources section including interviews with different specialists, a patient section and links to other resources. There is a verbal translation in Urdu of the Pain Toolkit.	Visit: https://www.paintoolkit.org/ Twelve pain tools: https://www.paintoolkit.org/pain-tools
Pain concern This offers resources to support and inform people living with pain, including a helpline, network forum, radio channel called Airing pain and a Self-Management Navigator Tool which can help you to recognise all the different ways in which pain affects you.	Visit: https://painconcern.org.uk/
Retrain pain Short 1 min videos on pain, mind and goals, sleep, medication and relationships. Available in 23 different languages.	https://www.retrainpain.org/
NHS chronic pain self-management Includes advice on: importance of keeping active, links to different exercises (including chair exercises), pain medication, and a 20 minute guided meditation proven to help people cope with chronic pain.	https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/ or https://www.nhs.uk/live-well
Pain Courses – A Pain Management Programme can make a huge difference to how well you manage the physical and emotional impact of living with chronic pain.	
Pain Management Programme: run by the Pain Clinic at Sheffield Teaching Hospitals. This is a 6 week course and will help explain chronic pain and give you techniques to help manage pain.	You will need to ask your GP practice to refer you.
When chronic pain affects your mood and general mental health	
Sheffield IAPT (Improving Access to Psychological Therapies): If your mood and general mental health are affected by pain you can access Sheffield IAPT for advice on support, self-help resources (e.g. mindfulness) and the 'Living well with pain course'.	Tel: 0114 271 6568 or visit https://iaptssheffield.shsc.nhs.uk/
Sheffield Mental Health: Aims to help local people find accurate information about mental health in our city	https://www.sheffieldmentalhealth.co.uk/