

The Canadian Pain Task Force and the Government of Canada recognizes the negative impacts that COVID-19 has on people living with chronic pain. We remain committed to working collaboratively to find innovative ways to better support you during this unprecedented time.

It is important to recognize that several pain specialists and other health care professionals continue to provide services through alternative methods such as telemedicine or e-consultations; however, we understand that many of these services are limited during this period of physical distancing.

As such, in collaboration with our partners, we have assembled the list of resources below that people living with pain may find helpful as part of their care plan. We acknowledge that this is by no means a comprehensive list, and we will continue to add to it as more information and resources become available. Please feel free to share the resources with your networks and others who may be interested. **If you have any suggestions regarding additional resources that you feel could be shared with this group, please forward them to our attention at cptfsecretariatsecretariatgtcsld@canada.ca**

COVID-19 Government of Canada Web Page: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html> (EN)

Arthritis Society: <https://arthritis.ca/support-education/online-learning/managing-chronic-pain> (EN)

Chronic pain online learning module

Online Therapy Unit: <https://www.onlinetherapyuser.ca/>

Offers free online courses and resources

Available in English Only

PARC-Promoting Awareness of RSD & CRPS in Canada:

<http://rsdcanada.org/parc/english/index.html>

Resources for those living with Complex Regional Pain Syndrome (CRPS) / Reflex Sympathetic Dystrophy (RSD)

Available in English Only

Breaking Free Online (BFO): www.breakingfreeonline.ca

Online treatment and recovery program (augmented by a companion app) that increases people's wellness and helps them address substance use disorders.

To watch a brief overview of Breaking Free Online, click here: <https://youtu.be/Jk1JL5He6u8>

How to sign up: 1. Visit www.breakingfreeonline.ca; 2. Click SIGN UP; 3. Use the service code CAPSA2020 to complete the required fields; 4. CAPSA can provide support via e-mail to those having trouble understanding how to use Breaking Free Online: info@capsa.ca

Available in English and French

Mental Health Commission of Canada:

<https://www.mentalhealthcommission.ca/English/external-covid-19-resources> (EN)
[External COVID-19 Resources](#)

PROVINCIAL RESOURCES / INFORMATION

PAIN BC: <https://painbc.ca/find-help>
<https://www.painbc.ca/covid-19-news-and-resources-people-living-pain>
COVID-19 news and resources for people living with pain
Available in English Only

HELP_AB: <https://www.helpalbertaspain.com/>
A patient driven support, education and advocacy group that offers patients and their families support online and over the phone
Available in English Only

Toronto Academic Pain Medicine Institute (TAPMI): <https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>
A hub for chronic pain care - resources for both patients & health care providers
Available in several languages

L'Association québécoise de la douleur chronique (AQDC):
<https://douleurchronique.org/?lang=en> (EN)
Resources for people living with chronic pain
Help line: 1 (855) 368-5387

Annapolis Valley Pain Self-Management Group - Email: AnnapolisValley.ns@pipain.com
During COVID-19, Annapolis Valley Pain Self-Management Education & Support Group will be offering free online meetings
Available in English Only

Bridge the gApp: <https://www.bridgethegapp.ca/>
During COVID-19, if you are finding it difficult to cope or feel anxious, Bridge the gapp offers many services to support your wellbeing.
Available in English Only

Canadian Arthritis Patient Alliance (CAPA): <http://arthritispatient.ca/covid-19-information-resources/>
COVID-19 Information Resources for people living with arthritis
Available in English Only

RESOURCES / INFORMATION FOR CHILDREN / YOUTH

Solutions for Kids in Pain (Skip): <https://www.kidsinpain.ca/>

https://c78cfb5d-6fc1-4ecd-908a-ec0783533e0e.filesusr.com/ugd/4fdcf_e86df30f28b54245b92cd8243f5c035b.pdf

Pain Management Apps and Online Resources

Available in English Only

The Hospital for Sick Children: <https://www.aboutkidshealth.ca/pain>

Learning hub for children living with pain

Available in English Only

Bridge the gApp: <https://www.bridgethegapp.ca/youth/>

During COVID-19, if you are finding it difficult to cope or feel anxious, Bridge the gapp offers many services to support your wellbeing.

Available in English Only

Kids Help Phone: <https://kidshelpphone.ca/> (EN)

offers professional counselling, information, referrals and volunteer-led, text-based support for young people