



Support / Community Programmes / Self help

EDUCATIONAL WEBSITES

Painhealth WA

Local site for information, tips, support and personal stories to help you manage pain.

painhealth.csse.uwa.edu.au

Pain Australia

Up to date educational information, book suggestions, free online courses, videos and an app, Kaha! – all to help self-manage your pain.

pinaustralia.org.au

kahahealth.com

Chronic Pain Australia

National organisation raising awareness to reduce social and economic barriers to pain, with educational talks, pain support groups and a *PainLink Helpline*

chronicpainaustralia.org.au

Tame the Beast

Educational resources, videos and real patient experiences.

tamethebeast.org

Pain Management Network

Video series on pain and its management

www.aci.health.nsw.gov.au/chronic-pain

LOCAL PERISTENT PAIN PROGRAMS

Accessed for free with a GP referral.

360 health + community – based in

Rockingham

360.org.au

Arche Health – based in Armadale, Bentley, Cannington or Maddington

archehealth.com.au

Black Swan Health – based in Osbourne Park, Midland or Wanneroo

blackswanhealth.com.au

THIS WAY UP ↑↑

Download their Prescription form for your GP to register you, then have free online access to lessons on practical skills to begin changing the impact pain has on your quality of life.

thiswayup.org.au/programs/chronic-pain-program/

EXERCISE / MOVEMENT AND PAIN

Pain Physiotherapist – can be in person or via Telehealth. Visit: choose.physio/find-a-physio

1. Click the down arrow “*Refine your search,*”
2. Change “PRACTICE” to “PHYSIOTHERAPIST” or “TITLED / SPECIALIST PHYSIOTHERAPIST”
3. Change “*Select Special interest area*” or “*Select Titled/Specialist Area of Practice*” to either Musculoskeletal or Pain.
4. Find a physiotherapist in a location convenient for you

Yoga

Yoga helps with flexibility, relaxation and mindfulness. Exercises can be adapted for persistent pain through a more gentle practice, or to avoid lying on the floor.

Many free videos to follow on YouTube for:

- Chair Yoga
- Restorative Yoga
- Yoga for Chronic pain
- Or search any specific areas of your body you want to target

Over 55's walking association

Social walking group for over-55's every Tuesday at 10am. All walks are organised so you walk as far as you choose, at a pace that you choose. Afterwards, they have lunch together

over55walkingassociation.org.au

Heart Foundation Walking

Australia's largest network of free walking groups, for all exercise tolerance levels. Enter your post code to find your nearest walking group.

heartfoundation.org.au/walking

PSYCHOLOGY AND PAIN

Pain Psychologist – can be in person or via Telehealth. Visit:

psychology.org.au/find-a-psychologist

1. “Search by issue” → “General Health” → “Pain Management”
2. Enter you Location and Search. Ask you GP for a Mental Health Care Plan

MindSpot Pain Course

Self-paced, free, online psychological program teaching practical, actionable and proven strategies to help you manage chronic pain and its impacts

mindspot.org.au/treatments/pain-course

Smiling Mind App

Free app, teaching an evidence-based model for building mental fitness through living mindfully, embracing flexible thinking, growing connections, acting purposefully and recharging your body.

smilingmind.com.au

SOCIAL CONNECTIONS

Ending Loneliness Together

National directory to find groups, organisations and services that will help you connect with others and build meaningful relationships

endingloneliness.com.au

Volunteering WA

Helping find a volunteer opportunity you'll love

www.volunteeringwa.org.au

SLEEP AND PAIN

Sleep Health Foundation

Pain disturbs sleep but disturbed sleep also worsens pain. This site provides evidence-based community education tools to promote sleep health.

sleephealthfoundation.org.au

MindSpot Sleep Course

Self-paced, free online course to help you learn how sleep works and learn practical, evidence-based skills to improve your sleep

mindspot.org.au/treatments/sleep-course/

SMOKING AND PAIN

Research shows smoking is associated with increased chronic pain. Here are resources to help with quitting, along with your GP:

QuitSure App

Free app, with the goal of getting you smoke-free in 6 days, with no cravings

quitsure.app

Quit and QuitLine (call 13 78 48)

Resources, an app and counsellors to help motivate, build your quit plan and provide tips

quit.org.au

LIBRARY BOOKS

If they don't have it in stock, most libraries will purchase a requested book for you.

- **Explain Pain** by Butler and Moseley
- **Painful Yarns** by Moseley
- **Bodily Relearning** by Boyd
- **The Way Out** by Gordon and Ziv
- **Manage Your Pain** by Nicholas, Molloy
- **You Are Not Your Pain** by Burch

PODCASTS

The Chronic Pain Experience Podcast

Conversations about chronic pain management, the chronic pain experience and interviews with experts to inspire, motivate and change your relationship to pain.

Empowered beyond pain

Discussions with leading researchers and clinicians, plus patients no longer living with chronic pain. Episodes full of practical tips and insights to help you get back to living!

Mr Pain Podcast

A podcast devoted to supporting Australian men who live with chronic pain

The Lorimer Moseley Podcast: Pain Matters

Short episodes on some of the most important topics in pain to understand

Plus many, many more on your preferred podcasting service

SOCIAL MEDIA EDUCATORS

Kruseelite

Zac Cupples

HELP LINES FOR PAIN

- PainLink Helpline 1300 340 357 (call back service, Mon-Fri 10am-1pm)
- Musculoskeletal Australia Help Line 1800 263 265 (Mon-Thurs 9am-5pm)
- Arthritis Infoline 1800 011 041 (Mon-Fri 9am - 5pm)

LOGBOOKS

Manage My Pain App

An app to help reflect on patterns and trends in your pain and activity levels

managemypainapp.com