

Chronic Pain

*-supported self help
signposting*



*Information for
patients and carers*

Grampian Pain Service

What is Chronic Pain?

Chronic Pain is pain that has lasted for more than 3 months and is a long term health condition in its own right. It affects many people in the UK. Often there is no cure and people have to learn to live with pain. Chronic Pain can have a significant effect on people's lives. It can cause disability, low mood and frustration.

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 in order to get you started we have listed a few.

***The more you can do for yourself
the better the outcome!***

National Chronic Pain Website

This is aimed at providing reliable information and advice about how to help with Chronic Pain.

<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain>

The Pain Toolkit

This is a good resource developed by somebody with Chronic Pain himself.

www.paintoolkit.org

Pain Support Groups

There are several support groups around to help you, either through meetings or telephone contact

Grampian Pain Support

01330 810121 or 07807 982317

Pain Concern

www.painconcern.org.uk/ 0300 1230789

Action on Pain

www.action-on-pain.co.uk/ 0845 6031593

Pain Association Scotland

www.painassociation.com/ 0800 7836059

Pain and your mood

People living with Chronic Pain can experience difficulties with their thoughts and feelings which often affects their mood. There are several websites that can provide practical advice, strategies and support to help you live with the challenges often accompanying chronic pain such as depression and anxiety.

Living Life NHS 24

A guided self help service for people suffering from low mood, mild to moderate depression and/or anxiety. There are two types of guided self help provided on the telephone:

Over 4-8 weeks, a CBT self help coach will use workbooks to help you understand some of the reasons of why you are feeling as you are.

Over 6-9 sessions a CBT therapist will provide specialised CBT support to help you address unhelpful thinking patterns and teach new ways of coping.

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. Emotional problems are often the mind and body's way of saying that something needs to be changed in our life

www.moodjuice.scot.nhs.uk

Breathing Space

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

Cognitive Behavioural Therapy (CBT) Self Help Course

CBT self-help information, resources and free downloads. Step by step online self-help courses

www.getselfhelp.co.uk

Other useful resources

There are many other resources available to you, also for help with general challenges often accompanying chronic pain

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

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

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.

At ***Healthpoint*** trained health advisors are 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

Alternative ways to contact *Healthpoint*



Phone the free health line on 0500 20 20 30

Call between Monday to Friday, 0900 to 1700 hours. 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.

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 ----.

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.