



Contact Sheet: Chronic Pain

NHS Lanarkshire Chronic Pain Service

Web: www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/

Tel: 0330 555 0310

A great resource to understand pain, with links to guides on self-management, apps and resources, useful organisations and more.

Pain Association Scotland

Web: www.painassociation.com

Tel: 01738 629 503 or 0800 783 6059

Pain Association Scotland offers self-management training to people with chronic pain. It offers group sessions in Lanarkshire which are held monthly.

Mood Juice (visit the chronic pain section)

Web: www.moodjuice.scot.nhs.uk.ChronicPain.asp

This site has lots of helpful advice and information on managing mood and chronic pain.

Health talk online (visit the chronic pain section)

Web: www.healthtalk.org/chronic-pain/overview

This site offers a range of video clips of interviews with information, opinion and personal experience. Covers topics including 'coming to terms with pain', and 'pain management approaches: exercise and activity'.

Pain Toolkit

Web: www.healthtalk.org/chronic-pain/overview

This site has lots of helpful, easy-to-access information about pain management and chronic pain.

Pain Concern

Web: www.painconcern.org.uk

Pain concern provides information and support to people with pain and those who care for them.