

Crisis Lines

Name of service	Brief description	How can you access the resource/service?
Hope for Wellness	The 'Hope for Wellness' service line is available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.	Call: 1-855-242-3310 (toll free)
Suicide crisis services	Available to those experiencing thoughts of suicide.	Call or text: 9-8-8
Non-urgent health services	For all non-urgent health services.	Call: 8-1-1

Mental health and pain resources

Name of service	Brief description	How can you access the resource/service?
Wellness together Canada	Free and confidential mental health support is available 24 hours a day, 7 days a week from Wellness Together Canada.	Text "WELLNESS" to 741741 (EN) Text "MIEUX" to 741741 (FR) Go online: https://www.wellnesstogether.ca/en-ca/crisis
Mental Health First Aid	The website provides an overview of mental health disorders and how and where to get support.	Go online: https://www.mymentalhealth.ca/
Multicultural mental health resource centre	The website provides resources in multiple languages to support culturally safe and competent mental health care.	Go online: https://multiculturalmentalhealth.ca/
Pain Waves Podcast	Pain Waves is a podcast created by Pain BC where listeners can hear leading chronic pain experts and people in pain discuss the latest pain management research, tools, stories, and trends.	Listen to their podcast: Pain Waves (spreaker.com)
AQDC Help Line	You can speak confidentially about your pain. You are no longer alone, the AQDC can support you.	Check their website: Help Line – AQDC

	To be even more proactive, a support line has been created to help you better communicate your pain problems.	
Pain Support Line	Pain BC's Pain Support Line provides free information, support, and a listening ear to people wanting to talk about their own pain or that of a family member or friend. In addition to supporting people living with pain, the Pain Support Line also responds to enquiries from health care professionals and other organizations.	Go online: Pain Support Line Pain BC Call their support line: 1-844-880-PAIN
Power Over Pain Portal	The Power Over Pain Portal aims to provide a one-stop shop for resources for people with pain, including articles, videos, podcasts, courses, workshops, and peer support. It also links to national and provincial services.	Check website: Power Over Pain Portal
LivePlanB	Learn useful self-managing techniques and coping strategies to help manage your pain.	Website: https://liveplanbeplus.ca/
Mindfulness Medication	A free PDF book written by Phil Blustein from the University of Calgary on Mindfulness Medication and providing support for people to ground themselves.	Book: https://thebreathproject.org/wp-content/uploads/2020/05/Phil-Blustein-BOOK.pdf
Hamilton Health Sciences: Pain Clinic Patient Resources	Patient resources available to support you in your journey, including fact sheets on medications and procedures, links to community resources, clinic brochures, etc.	Website: https://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/resources/
Fibromyalgia Association Canada	Offers patient-led educational opportunities to those interested in learning more about the impact of fibromyalgia on one's quality of life and daily living.	Website: https://fibrocanada.ca

My Health Alberta: Virtual Chronic Pain Program	A virtual group education treatment program over Zoom for people in Alberta experiencing persistent pain longer than 3 months.	Website: https://www.albertahealthservices.ca/findhealth/service.aspx?source=mha&id=1085140&facilityid=1011654
Pain Canada	Pain Canada is a multi-stakeholder, national initiative supported by Pain BC. It is the home-base for the eight million people in Canada living with chronic pain and creates new opportunities for action by connecting people, ideas, organizations and resources to enable a national movement.	Website: https://www.paincanada.ca/course/moving-through-pain