

## **ACHD Psychology Resources:**

### **Chronic Pain**

#### **Useful resources:**

ACHD Network website (*ACHD network wide support for mental health*)

<https://www.swswchd.co.uk/image/page/HowDoICopeWithPersistentPain-1.pdf>

The British Heart Foundation (*heart-safe specific pain coping mechanisms*)

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/coping-with-pain>

Pain tool Kit (*This Pain Toolkit website provides handy tips and skills to support people along the way to managing their pain.*)

<https://www.paintoolkit.org/>

British Pain Society (*This website has information leaflets that you can download, as well as a list of addresses and links to other websites.*)

[www.britishpainsociety.org.uk](http://www.britishpainsociety.org.uk)

Pain Concern (*Pain Concern provides information and support for pain sufferers, those who care for them and about them, free factsheets and leaflets to help you manage your pain.*)

[www.painconcern.org.uk](http://www.painconcern.org.uk)

Action on Pain (*Action on Pain is a growing national charity that provides practical help and support to people living with or affected by chronic pain. The charity is run by a team of people who have direct experience of living and dealing with long-term pain conditions.*)

[www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

CD- Living with chronic pain (*“Living with Chronic Pain” - Neil Berry’s CD can be downloaded (free) or listened to on line at It includes information about strategies to help manage pain plus a guided relaxation exercise.*)

[www.paincd.org.uk](http://www.paincd.org.uk)

