

Digital Self- Management Resources

Online

Kelty's Key VCH Online Therapy Program

<https://www.keltyskey.com/courses/chronic-pain/>

Pain BC's Live Plan Be

<https://www.liveplanbe.ca>

Pain Management Network

<http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone>

PainHealth

<https://painhealth.csse.uwa.edu.au/>

ACI Pain Management Network

<http://www.aci.health.nsw.gov.au/chronic-pain>

ME/CFS and Fibromyalgia

www.cfselfhelp.org

The Pain Toolkit Quiz

<http://quiz.paintoolkit.org>

App Based

Curable: Back Pain, Migraine and Chronic Pain Relief