

Other Recommended Online Supports

Pain BC

<https://www.painbc.ca>

- Pain BC support line: **1-844-880-PAIN (7246)** or supportline@painbc.ca
- Coaching for Health: <https://www.painbc.ca/coaching>
 - 30-60 minute phone support for up to 12 sessions (Referral from family doctor, or ongoing health care provider required)
- Pain BC toolbox, Educational Webinars and Podcasts

Bounce Back

<https://www.bouncebackbc.ca> 1-866-639-0522

- Programs to help manage stress, anxiety and depression
- DVD's, workbooks, online resources (No referral required)
- Individual telephone coaching (Family doctor referral required)

Mindfulness (Bcalm)

<https://www.bcalm.ca/resources>

- Mindfulness based stress management. Art of living mindfully CD, tools for smartphones, online resources (No referral required)

Smoking Cessation

<https://www.quitnow.ca/>

- Thinking about quitting? Ready to quit? Working to stay smoke-free?
- Support by phone **1-877-455-2233**, web, text, live chat, and email (No referral required)

Opioids

People in Pain Network <https://www.youtube.com/watch?v=zw99CIHtlqo>

Laughter is Good for Your Brain

Ellen Degeneres <https://www.youtube.com/watch?v=80hcQJuo6NE>