Chronic Pain and Mental Health Resources

Chronic pain significantly impacts mental health, creating a cycle of emotional and psychological challenges: If you have noticed any of these changes in your mood connect with your health care provider to decide on how to move forward.

Emotional Distress: Chronic pain increases the risk of anxiety and depression, leading to mood swings, irritability, and emotional exhaustion.
Stress and Poor Sleep: Persistent pain heightens stress levels and disrupts sleep, contributing to fatigue and exacerbating mental health symptoms.
Social Isolation: Pain often leads to withdrawal from social activities, causing loneliness and a lack of support, which can worsen emotional well-being.
Cognitive Difficulties: Pain can impair focus and memory, leading to "brain fog" and making everyday tasks more stressful.
Negative Thought Patterns: Chronic pain can lead to rumination and catastrophizing, intensifying anxiety and depression.
Identity and Self-Worth: Limitations caused by pain can lead to a loss of self-worth and identity, affecting overall well-being.

Mental Health Programs

Fraser Health Mental Health	Fraser Health has a variety of mental health and substance use programs. Call the intake line and get the help you need.	
Mind-Space	Learn practical skills to build mental wellness. Programs for anxiety and depression, and chronic health conditions are offered. **Requires a referral from GP.**	
Bounce Back	BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. You will get access to tools that will support you on your path to mental wellness.	

Websites

Live Plan Be +	Pain BC's Live Plan Be+ offers a variety of education on Chronic Pain and Mood. Find articles, webinars and more to help you manage your mood.	
Anxiety Canada	Hopes to improve the quality of life of those impacted by anxiety by increasing awareness, promoting education, and providing effective, evidence-based tools to manage anxiety.	
BC Crisis Center	If you need to speak to someone and are in a crisis help is available. Get 24/7 support through chat or phone.	

Books

Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain by Joanne Dahl

Mind Over Mood: Change How You Feel by Changing How You Think by Dennis Greenberger and Christine A. Padesky

The Relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Eshelman & Matthew McKay

Antidepressant Skills Workbook (Free) by Dr. Dan Bilsker, Dr. Randy Paterson