**Chronic Pain Physiotherapy: Self-help Resources**

The following link is to NHS Lothian’s excellent pain management online resources. Please scroll down through the link for manageable exercise videos designed for people with Chronic Pain – this provides sitting and standing options for different abilities. It also includes mindfulness practices that you could try.

* <https://services.nhslothian.scot/painmanagement/Pages/Pain-Management-Programme-(AAH).aspx>

This link to NHS Lanarkshire’s Chronic Pain website. There are a lot of useful resources within this website: explaining pain and some self-management strategies.

* https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/

The following link directs you to Pain Association Scotland, which is a Scottish charity. They have lots of useful self-management strategies and have adopted their Lanarkshire groups to use ‘Zoom’ – an online resource. They have added information on their website responding to COVID-19 that you may find helpful.

* https://painassociation.co.uk/

In the following link you will find a wide range of information for mental health and wellbeing:

* [www.lanarkshirementalhealth.org.uk](http://www.lanarkshirementalhealth.org.uk)

There are many free mindfulness practices available on the following site – select “practice” on top toolbar:

* https://mindfulnessnorthwest.com/

Should you need help urgently please contact your GP or if out-of-hours NHS24 on 111, or alternatively the person who referred you to this service for further advice.

The following agencies may also help if you want to talk to someone on the telephone about how you are feeling (please also see details of B-EAT helpline above):

**Breathing Space** – 0800 83 85 87 (evenings and weekends) [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk) or

**Samaritans** – 01698 429411 or 116 123 (24hrs) www.samaritans.org

Current advice from the NHS regarding coronavirus (COVID-19):

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning