

Websites

Website	Free	Explains Pain	Explains Treatments	Explains Medication	Explains Pacing	Exercise Info	Thinking & Mood Info	Sleep & Wellbeing Info	Resources & Videos
Pain Australia	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pain Tool Kit	Some parts	✓	✓	✓	✓	✓	✓	✓	✓
Pain Health	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pain Management Network	✓	✓	✓	✓	✓	✓	✓	✓	✓
Change Pain	✓	✓			✓	✓	✓		
NPS Medicine Wise	✓	✓		✓					
Chronic Pain Australia	✓	✓	✓	✓	✓	✓	✓		✓

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Australian Pain Management Association	Some parts	✓	✓	✓	✓	✓	✓	✓	✓
International Association for the Study of Pain	✓	✓							✓
Tame the Beast	✓	✓			✓	✓	✓	✓	✓
Northern Pain Centre	✓	✓	✓	✓	✓	✓	✓	✓	✓

Click on the website name to visit.

Online courses for managing chronic pain:

- “This way up” for chronic pain. Visit the website here thiswayup.org.au
- “PainTrainer” **free** online course. Visit the website here paintrainer.org
- Mindspot **free** online course. Visit the website here mindspot.org.au