

Useful Resources

You can find links to a range of resources to support you in learning more about pain and ways to move forward with it via the Resources page on our website <https://www.flippinpain.co.uk/resources/>

PAIN MANAGEMENT SERVICES

Many of Scotland's pain management services have their own websites and web pages hosting a range of helpful information including videos, leaflets, mindfulness exercises, tai chi and much more.

PAIN MANAGEMENT SERVICE WEBSITES	
NHS AYRSHIRE AND ARRAN	https://www.nhsaaa.net/pain-management-service/
NHS BORDERS	https://www.refhelp-borders.scot.nhs.uk/dmdocuments/Pain/Pain%20Clinic%20Leaflet.doc
NHS FIFE	https://www.nhsfife.org/chronicpain/
NHS FORTH VALLEY	https://nhsforthvalley.com/health-services/az-of-services/self-management/
NHS HIGHLAND	http://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx
NHS GRAMPIAN	https://www.gpm.scot.nhs.uk
NHS GREATER GLASGOW AND CLYDE	https://www.nhsqgc.org.uk/your-health/health-services/chronic-pain/
NHS LANARKSHIRE	https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/
NHS Lothian	https://weare.nhslothian.scot/lcps/pain-management-aah/
NHS TAYSIDE	https://www.nhstayside.scot.nhs.uk/OurServicesA-Z/PainService/index.htm



OTHER NATIONAL RESOURCES

NHS Inform

<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain>

Scottish national Pain Management Programme

<https://www.snmpmp.scot.nhs.uk/>

Pain Association Scotland: <https://painassociation.co.uk/>

Pain Concern: <https://painconcern.org.uk/>

Action on Pain: <http://www.action-on-pain.co.uk/>

LOCAL / REGIONAL RESOURCES

Let's Get on With it Together (LGOWIT): <http://www.lgowit.org/>

Affa Sair: <https://affasair.org/>

Have we missed something?

If you are aware of other useful resources for people in Scotland living with chronic pain, please let us know by emailing info@flippinpain.co.uk so we can update this list accordingly
