

## 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	
<b>NHS AYRSHIRE AND ARRAN</b>	<a href="https://www.nhsaaa.net/pain-management-service/">https://www.nhsaaa.net/pain-management-service/</a>
<b>NHS BORDERS</b>	<a href="https://www.refhelp-borders.scot.nhs.uk/dmdocuments/Pain/Pain%20Clinic%20Leaflet.doc">https://www.refhelp-borders.scot.nhs.uk/dmdocuments/Pain/Pain%20Clinic%20Leaflet.doc</a>
<b>NHS FIFE</b>	<a href="https://www.nhsfife.org/chronicpain/">https://www.nhsfife.org/chronicpain/</a>
<b>NHS FORTH VALLEY</b>	<a href="https://nhsforthvalley.com/health-services/az-of-services/self-management/">https://nhsforthvalley.com/health-services/az-of-services/self-management/</a>
<b>NHS HIGHLAND</b>	<a href="http://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx">http://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx</a>
<b>NHS GRAMPIAN</b>	<a href="https://www.gpm.scot.nhs.uk">https://www.gpm.scot.nhs.uk</a>
<b>NHS GREATER GLASGOW AND CLYDE</b>	<a href="https://www.nhsqgc.org.uk/your-health/health-services/chronic-pain/">https://www.nhsqgc.org.uk/your-health/health-services/chronic-pain/</a> YouTube videos are available for people in all areas
<b>NHS LANARKSHIRE</b>	<a href="https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/">https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/</a>
<b>NHS Lothian</b>	<a href="https://weare.nhslothian.scot/lcps/pain-management-aah/">https://weare.nhslothian.scot/lcps/pain-management-aah/</a>
<b>NHS TAYSIDE</b>	<a href="https://www.nhstayside.scot.nhs.uk/OurServicesA-Z/PainService/index.htm">https://www.nhstayside.scot.nhs.uk/OurServicesA-Z/PainService/index.htm</a>



## 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.snrpmp.scot.nhs.uk/>

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

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

FMA UK: <https://www.fmauk.org/>

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/>

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### 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](mailto:info@flippinpain.co.uk) so we can update this list accordingly

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