

Chronic Pain and Mental Health

Experiencing chronic pain increases your risk of depression and anxiety.

What can you do?

Learn and use energy conservation strategies and stress reduction techniques.

Talk about it! With family, friends, a support group, and a professional.

Develop a team of health professionals around you. Include doctors and therapists.

Get support with the M's.
Mindfulness, Motivation,
Medication, and Movement.

If your pain makes it difficult to leave the home we are happy to bring our counselling services to you, with mobile visits.