



## Chronic Pelvic Pain Resources

Chronic Pain & Pelvic Pain	
American Chronic Pain Association: <a href="http://theacpa.org">theacpa.org</a>	Pain BC: <a href="http://painbc.ca">painbc.ca</a>
Canadian Pain Society: <a href="http://canadianpainsociety.ca">canadianpainsociety.ca</a>	People In Pain Network: <a href="http://pipain.com">pipain.com</a>
Chronic Pain Association of Canada: <a href="http://chronicpaincanada.com">chronicpaincanada.com</a>	Life Is Now: <a href="http://lifeisnow.ca">lifeisnow.ca</a>
International Pelvic Pain Society (IPPS): <a href="http://pelvicpain.org">pelvicpain.org</a>	The Centre for Research on Work Disability Policy (CRWDP): <a href="https://www.crwdp.ca/">https://www.crwdp.ca/</a>
Pelvic Pain Support Network: <a href="http://pelvicpain.org.uk">pelvicpain.org.uk</a>	Pete Moore's 'The Pain Toolkit': <a href="http://paintoolkit.org">paintoolkit.org</a>
CPP Program's series of videos & handouts: <a href="http://bcwomens.ca/health-info/sexual-reproductive-health/pelvic-pain-endometriosis">bcwomens.ca/health-info/sexual-reproductive-health/pelvic-pain-endometriosis</a>	
BC Centre for Sexual Medicine: <a href="https://www.vch.ca/en/service/bc-centre-sexual-medicine#short-description--5241">https://www.vch.ca/en/service/bc-centre-sexual-medicine#short-description--5241</a>	
ChangePAIN: <a href="http://changepain.ca">changepain.ca</a>	Self-Management BC (in person or online): <a href="http://selfmanagementbc.ca">selfmanagementbc.ca</a>
Complex Chronic Diseases program: <a href="http://www.bcwomens.ca/our-services/specialized-services/complex-chronic-diseases-program">http://www.bcwomens.ca/our-services/specialized-services/complex-chronic-diseases-program</a>	
BC Center for Vulvar Health: <a href="https://www.bcvulvarhealth.ca/">https://www.bcvulvarhealth.ca/</a>	Pain Care Aware: <a href="https://paincareaware.com/">https://paincareaware.com/</a>
Endometriosis	
Endometriosis Organization: <a href="http://endometriosis.org">endometriosis.org</a>	Endometriosis Network of Canada: <a href="http://endometriosisnetwork.com">endometriosisnetwork.com</a>
Endometriosis Info: <a href="http://endometriosisinfo.ca">endometriosisinfo.ca</a>	Pelvic Pain & Endometriosis: <a href="http://www.pelvicpainendo.ca">www.pelvicpainendo.ca</a>
Endometriosis Research Center: <a href="http://endocenter.org">endocenter.org</a>	EndoAct Advocacy: <a href="https://endoact.ca/">https://endoact.ca/</a>
Vulvar, Vaginal, & Sexual Pain -- Vulvodynia, Vestibulodynia, Vaginismus & Sexual Dysfunction	
National Vulvodynia Association: <a href="http://nva.org">nva.org</a>	Vulval Pain Society UK: <a href="http://vulvalpainsociety.org/vps">vulvalpainsociety.org/vps</a>
Vaginismus: <a href="http://vaginismus.com">vaginismus.com</a>	
Diet & Nutrition	
Anti-Inflammatory Food Pyramid: <a href="http://drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html">drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html</a>	
Canada Food Guide: <a href="http://hnc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php">hnc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php</a>	Endo Diet: <a href="http://endo-resolved.com">endo-resolved.com</a>
FODMAP: <a href="https://www.healthlinkbc.ca/healthy-eating-physical-activity/conditions/digestive/healthy-eating-guidelines-irritable-bowel">https://www.healthlinkbc.ca/healthy-eating-physical-activity/conditions/digestive/healthy-eating-guidelines-irritable-bowel</a>	
Bowel & Bladder	
IC Network: <a href="http://ic-network.com">ic-network.com</a> -- "IC Flare Guide"	
Physiotherapy	
BC Physiotherapy: <a href="http://bcphysio.org">bcphysio.org</a> -- Click on "Find a Physio", advanced search & enter pelvic pain in key word bar	
Pelvic Health Solutions: <a href="https://pelvichealthsolutions.ca/">https://pelvichealthsolutions.ca/</a>	

<b>Fibromyalgia &amp; Chronic Fatigue Syndrome</b>	
Canadian Fibromyalgia Guidelines: <a href="http://fmguidelines.ca">fmguidelines.ca</a>	Chronic Fatigue & Fibromyalgia Society of BC: <a href="http://mefm.bc.ca">mefm.bc.ca</a>
<b>Mental Health &amp; Counselling</b>	
Anxiety BC: <a href="http://anxietybc.com">anxietybc.com</a> -- Free downloads of mindfulness meditation & body scans and tips on managing anxiety	
Bounce Back from Depression: <a href="http://cmha.bc.ca/how-we-can-help/adults/bounceback">cmha.bc.ca/how-we-can-help/adults/bounceback</a> -- Free self-help DVD and handouts	
Canadian Addiction & Mental Health Association (CAMH): <a href="http://camh.ca">camh.ca</a> -- Info sheets and resources on anxiety, depression, etc.	
CounsellingBC: <a href="http://counsellingbc.com">counsellingbc.com</a> -- Directory of private pay therapists/counsellors in BC	
24 Hour Crisis Centre: <a href="http://crisiscentre.bc.ca">crisiscentre.bc.ca</a> or 1-800-SUICIDE	Family Services of Greater Vancouver: <a href="http://fsgv.ca">fsgv.ca</a>
Mental Health Unit: <a href="http://vch.ca">vch.ca</a> or <a href="http://fraserhealth.ca">fraserhealth.ca</a> – MSP funded counselling in Vancouver, Richmond, Burnaby, New West, etc.	
Meditation Oasis: <a href="https://www.meditationoasis.com/">https://www.meditationoasis.com/</a>	Here to help BC: <a href="https://www.heretohelp.bc.ca/">https://www.heretohelp.bc.ca/</a>
<b>Abuse, Assault, &amp; Victim Services</b>	
BWSS: <a href="http://bwss.org">bwss.org</a> – Support, counselling, victim services, and advocacy for women who have experienced abuse	
Crime Victim Assistance Program (CVAP): <a href="http://victimsinfo.ca">victimsinfo.ca</a> -- Counselling/medical expense coverage with a police report	
Sexual Assault Services: <a href="http://www.bcwomens.ca/our-services/specialized-services/sexual-assault-service">http://www.bcwomens.ca/our-services/specialized-services/sexual-assault-service</a>	
Victim Link: <a href="http://victimlinkbc.ca">victimlinkbc.ca</a> -- Phone service for information, referrals, and crisis support to victims of crime and violence	
<b>Disability, Housing, &amp; Legal Services</b>	
BC College of Physicians & Surgeons: <a href="http://cpsbc.ca">cpsbc.ca</a> – List of physicians accepting new patients	
Disabilities Resource Guide: <a href="https://www.bcdisability.com/directory">https://www.bcdisability.com/directory</a>	
Disability Alliance BC: <a href="http://disabilityalliancebc.org">disabilityalliancebc.org</a>	Legal Aid: <a href="http://legalaid.bc.ca">legalaid.bc.ca</a>
Ministry of Housing & Social Development: <a href="http://gov.bc.ca/hsd">gov.bc.ca/hsd</a> -- Information on Income Assistance, housing, disability	
Endometriosis Network Canada: <a href="https://endometriosisnetwork.com/external-support-resources/">https://endometriosisnetwork.com/external-support-resources/</a>	
<b>Partners &amp; Support People</b>	
Family Caregiver Network Society: <a href="http://familycaregiversbc.ca">familycaregiversbc.ca</a> -- Support for caregivers/family members	
<b>Indigenous Support Services</b>	
<a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/indigenous-services">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/indigenous-services</a>	
First Nations Health Authority: <a href="https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports">https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports</a>	
Crisis Support: <a href="https://aboriginal.legalaid.bc.ca/crisis-support-and-counselling-services">https://aboriginal.legalaid.bc.ca/crisis-support-and-counselling-services</a>	
BC Women's Hospital Indigenous Services: <a href="http://www.bcwomens.ca/our-services/indigenous-health-services/indigenous-health">http://www.bcwomens.ca/our-services/indigenous-health-services/indigenous-health</a>	
<b>2SLGBTQIA Support Services</b>	
Qmunity: <a href="https://qmunity.ca/">https://qmunity.ca/</a>	Queer Care Kit: <a href="https://www.queercarekit.com/">https://www.queercarekit.com/</a>