





## SPECIFIC DIAGNOSES

- **Arthritis:** <https://www.arthritiscare.org.uk/> or [www.arthritisresearchuk.org/](http://www.arthritisresearchuk.org/)
- **Back pain:** [www.backcare.org.uk](http://www.backcare.org.uk)
- **Endometriosis:** [www.endometriosis-uk.org/](http://www.endometriosis-uk.org/)
- **Fibromyalgia:** [www.fmauk.org/](http://www.fmauk.org/)
- **Inflammatory bowel disease:** [www.crohnsandcolitis.org.uk/](http://www.crohnsandcolitis.org.uk/)
- **Migraine:** [www.migrainetrust.org/](http://www.migrainetrust.org/)
- **Painful bladder syndrome:** [www.cobfoundation.org/](http://www.cobfoundation.org/)
- **Pelvic pain:** [www.pelvicpain.org.uk/](http://www.pelvicpain.org.uk/)

## USEFUL BOOKS & CD's

- **Overcoming Chronic Pain**  
*F. Cole, H. Macdonald, C. Carus & H. Howden-Leach (2010) London: Robinson ISBN 978-1-84119-970-2.*
- **Manage Your Pain**  
*M. Nicholas, L. Beeston, A. Molloy, L. Tonkin & L. Beeston, (2012) London: Souvenir Press. ISBN 978-0-28564-048-1*
- **Managing Pain Before It Manages You** (third edition)  
*M. Caudill (2008) New York: Guilford Press. ISBN: 978-1-59385-982-4*
- [www.paincd.org.uk](http://www.paincd.org.uk) Pain CD by Neil Berry, psychologist in pain management, option to purchase CD at low cost or download free, includes 2 guided relaxation tracks
- **Overcoming Insomnia & Sleep Problems**  
*Colin A Espie*

## TELEPHONE HELP LINES

- **Action on Pain Helpline:** 0345 603 1593
- **Arthritis Care Helpline:** 0808 800 4050
- **Pain Concern Helpline:** 0300 123 0789
- **Patients' Association Helpline:** 0845 608 4455