

Pain Management Resources for Patients

If you have internet access the following websites and telephone numbers can provide useful information:

Name of Organisation	Telephone Number	Website Address
Action on Pain	013456031593	www.action-on-pain.co.uk
British Pain Society	020 7269 7840	www.britishpainsociety.org
Pain Concern	03001230789	www.painconcern.org.uk
Pain Relief Foundation	0151 529 5820	www.painrelieffoundation.org.uk
Back care	020 8977 5474	www.backcare.org.uk
Macmillan Cancer Support	0808 808 00 00	www.macmillan.org.uk
Pain UK		www.painuk.org
Complex Regional Pain Syndrome Patients Association	01663795055	www.burningnightscrps.org
NHS 111	111	www.nhs.uk
Arthritis research Campaign (ARC)	01246558033	www.arthritisresearch.org
Chronic Pain Scotland		www.chronicpainscotland.org
Depression Alliance		www.depressionalliance.org
Exercise Works		www.exercise-works.org
Endometriosis UK		www.endometriosis-uk.org
Vulvodynia Vulval Pain Society		www.vulvalpainsociety.org
Fibromyalgia Association		www.fmaware.org
NHS Manchester CCG Pain Toolkit. Living with Pain		www.mccgpaintoll.org
ME Association NORD	01280818964	www.meassiciation.org.uk
Mindfulness NHS		www.nhs.uk/conditions/stress
Migraine Trust	02076316970	www.migrainetrust.org
National Rheumatoid Arthritis Society		www.nras.org.uk
MIND		www.mind.org.uk
Multiple Sclerosis society	08088008000	www.mssociety.org.uk
Pelvic Pain Support		www.pelvicpain.org.uk
Shingles support		www.shinglessupport.org
Trigeminal neuralgia NHS		www.nhs.uk

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