

Halifax Pain Self-Management Program

What is the Halifax Pain Self-Management Program (PSMP)?

- The Halifax PSMP offers educational groups. It helps people with long-term pain:
 - › Understand what is happening in their body and brain, and learn skills to help self-manage their long-term pain
- You will learn through presentations, demonstrations, hands-on activities, and group discussions. Some of the things you will talk about include:
 - › Pain and the brain
 - › How to move safely
 - › Overcoming fear of movement
 - › Planning and pacing activities
 - › Managing your energy
 - › Ways to lower tension in your body
 - › Deep breathing and relaxation
 - › Acceptance

When and where is the PSMP held?

- We offer online and in-person groups throughout the year.
- Online groups are held using Zoom for Healthcare.
- In-person groups are held at:
QE II Health Sciences Centre, Victoria General Hospital
Dickson Building, Pain Management Unit (Unit 4G)

How do I sign up for the PSMP?

- To sign up for a group, please call:
 - › Phone: 902-473-5471

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Pain Self-Management Program, QE II
Designed and Managed by: Nova Scotia Health Library Services*