



## Let's Talk Health

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5 September 2018

Lifeline 13 11 14 <https://www.lifeline.org.au>

### Resources

- Pain Australia <http://www.painaustralia.org.au>
- The Pain Revolution (Lorimer Moseley and co from Uni of SA) <https://www.painrevolution.org>
- Beyond Blue (forums on pain) <https://www.beyondblue.org.au/general/search-results?keywords=pain&page=1>
- Chronic Pain Australia <http://chronicpinaustralia.org.au>
- National Pain Week (July 2018) <http://www.nationalpainweek.org.au>
- Australian Pain Management Association (psychological treatments) <https://www.painmanagement.org.au/2014-09-11-13-35-53/2014-09-11-13-36-47/177-psychological-approaches-to-pain-management.html>
- Palliative Care Australia <http://palliativecare.org.au/resources/learn-more-about-pain-and-pain-management>
- Arthritis Australia <https://arthritisaustralia.com.au>
- Pain Specialists Australia (example of a pain clinic) <https://painspecialistsaustralia.com.au>
- Headache Australia (HA week 6-19 September – online event Thursday 13 September) <https://headacheaustralia.org.au>
- Russ Harris - next 8 week online course begins 28 August <https://www.actmindfully.com.au>
- iRest – Yoga Nidra <https://www.irest.us/try-irest-now>
- Sharee Johnson <http://www.shareejohnson.com.au>
- Hashim Najim <http://movementpilatesstudio.com.au>
- Dr. Sybille Dobber <https://salemedical.com.au>
- Dr Debra Smith <https://debrasmithpsychology.com>

