

CHRONIC PAIN RESOURCE LIST

All of the following services are free, anonymous, and can be accessed at any time. If you have any questions, contact Kate by e-mail at kate.laforge@ucsf.edu or phone/text at 760-853-1543.

Name	URL	Use this website if you want...
American Chronic Pain Association	https://www.theacpa.org/	To learn about ways to cope with pain, what pain is, or other resources.
Patient Advocate Foundation	http://www.patientadvocate.org	Help with insurance or medical debt related to your pain.
Airing Pain	https://audioboom.com/channel/airingpain	A podcast about chronic pain from people experiencing chronic pain and scientists.
Pain Chats	https://painchats.com/	Advice on how to recover from and cope with pain.
My Cuppa Joe	https://www.mycuppajo.com/	A blog about someone's pain journey.
This Way Up: Chronic Pain- Reboot	https://thiswayup.org.au/how-we-can-help/courses/chronic-pain/	A free Cognitive Behavioral Therapy (CBT) course on chronic pain.
Retrain Pain Foundation	https://www.retrainpain.org/	Free, short, video lessons on coping with pain.
Pain Connection Support Groups	https://painconnection.org/support-groups/	To learn about pain support groups in your area.

SUICIDE RESOURCE LIST

All of the following services are free, anonymous, and can be accessed at any time. If you have any questions, contact Kate at kate.laforge@ucsf.edu or 760-853-1543.

Phone/text Resources (open 24/7/365)

Organization	Contact	When to call this number...	Location
Lines for Life	800-273-8255	When you want to talk to someone about suicidal thoughts.	Portland, OR
Oregon Behavioral Health Support Line	800-923-4357	When you want emotional support, mental health triage, drug and alcohol counseling, or just connection with a person who cares. You do NOT need to be in a crisis to contact this line.	Portland, OR
Suicide Prevention Lifeline	800-273-8255	When you want to talk to someone about suicidal thoughts.	National
Military Helpline	888-457-4838	If you're a veteran or family member of a Veteran and want support.	Portland, OR
Crisis Text Line	Text 741-741	Crisis text counseling from volunteers for any issue.	National

Websites

Name	URL	When to use this website...
Now Matters Now	https://www.nowmattersnow.org/skills	If you want to learn about coping with suicidal thoughts Dialectical Behavior Therapy (DBT).
Getting Treatment During a Crisis	https://www.nami.org/Learn-More/Treatment/Getting-Treatment-During-a-Crisis	If you want to learn how different mental health crisis response services work and how to choose which option is best for you.
Know the Signs	https://www.suicideispreventable.org/	If you want an interactive tool for friends and family to help recognize the signs of suicidal thoughts and phrases for talking to someone about suicide.
HelpGuide	https://www.helpguide.org/	If you want evidence-based articles, self-help tools, and readings on mental health.
American Foundation for Suicide Prevention	https://afsp.org/	If you want resources about suicide research, education, and advocacy.
National Institute of Mental Illness Warmline Directory	https://www.nami.org/NAIMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf	A national directory of warmlines, peer-run hotlines that offer callers emotional support and is staffed by volunteers who are in recovery themselves.