

Tayside Pain Service  
South Block, Level 6  
NHS Tayside  
Ninewells Hospital  
Dundee  
DD1 9SY

01382 425612

[www.nhstayside.scot.nhs.uk](http://www.nhstayside.scot.nhs.uk)

As a result of the Covid-19 coronavirus pandemic all non-urgent work within the NHS has stopped. All the medical, nursing and administrative staff working in our pain clinics are now required to support colleagues in the front line to provide life-saving treatments.

At this point in time, we are unsure when normal services will be resumed but we will be guided by the Scottish Government. In the meantime, please continue to stay active whilst ensuring that you are following the guidance on preventing the spread of Covid-19.

The following information may be helpful to let you manage your pain better:

Pain Association Scotland will be setting up an on-line service that will have video link connection so that they can continue to deliver education and support. Further info available on support currently available will be on their website: <https://painassociation.co.uk/>

The following websites and videos may also be of use:

[www.chronicpaininfo.org](http://www.chronicpaininfo.org)

[www.painconcern.co.uk](http://www.painconcern.co.uk)

<http://my.livewellwithpain.co.uk>

<https://www.paintoolkit.org/resources/for-patients>

<https://www.youtube.com/user/HunterBrainman/videos>

Once on the HunterBrainman videos page, choose the video clips below:

- Understanding Pain in less than 5 minutes
- Understanding Pain: Brainman Chooses

There are many versions in different languages.

### **Your mental health**

If you feel your pain condition is causing very high levels of distress please consider:

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

Breathing space 0800838587

Samaritans 08457909090

### **TAYSIDE PAIN SERVICE**