



**Living Well  
with  
Chronic Pain**

Free help and support for people having difficulty living with chronic pain, to help you 'feel better and live better'

## Contact Mind Matters

Our trained staff are available during office hours: Mon - Fri 8:30am - 5:30pm

- Tel: 0300 330 5450
- Text: 07786 202 566
- Email: [Mindmatters.Surrey@sabp.nhs.uk](mailto:Mindmatters.Surrey@sabp.nhs.uk)
- Post: Mind Matters, Unither House, Curfew Bell Road, Chertsey KT16 9TF
- Self-refer online at:  
[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)

 [facebook.com/mindmatterssabp](https://www.facebook.com/mindmatterssabp)

 [@MindMattersSABP](https://twitter.com/MindMattersSABP)

## Surrey and Borders Partnership NHS Foundation Trust

18 Mole Business Park, Leatherhead,  
Surrey KT22 7AD

Tel: 0300 55 55 222

Textphone: 020 8964 6326

[www.sabp.nhs.uk](http://www.sabp.nhs.uk)

 [@sabpnhs](https://twitter.com/sabpnhs)  [facebook.com/sabpnhs](https://www.facebook.com/sabpnhs)

If you would like this information in another format or another language, please ring 01372 216285 or email: [leaflets@sabp.nhs.uk](mailto:leaflets@sabp.nhs.uk)

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## Our 'Long Term Conditions' group

Our therapists are specifically trained to work with people living with chronic pain. Treatments are based on talking therapies, such as cognitive behavioural therapy (CBT) and counselling.

## Talking Therapies offered include;

- CBT
- Counselling
- Guided Self Help
- 1-1 telephone, group or online video
- Computerised Cognitive Behaviour Therapy

## Space from Pain

Space from pain is an online digital Cognitive Behavioural Therapy programme by Silvercloud to help living with pain more manageable. It is easy to use and can be flexibly accessed on a PC, Tablet or mobile. You can use the programme alone or with the support of a Mind Matters therapist.

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## Pain and stress

We know that living with pain can be really tough and challenging to manage on a daily basis. Understandably you can be left feeling overwhelmed, frustrated, stressed, and less able to cope with the burdens of this demanding condition.

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## Living with Chronic Pain can be a life changing challenge

You may feel like you never get a break from pain and worries about becoming unwell or getting complications in the future, and these worries may be getting you down.

It is common for those living with a chronic health condition to experience anxiety, depression and reducing activity to help manage pain.

This can impact your mood and how you feel, and this then affects how you experience pain - often making it feel worse.

*Mind matters offers you free help and support to help you manage your Long Term Condition.*

*Call us today: 0300 330 5450 or self-refer at [www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)*

*People whose pain limits their independence are more likely to get depressed*

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## Signs that my chronic pain is getting me down

- I feel fed up and overwhelmed
- I notice changes in my sleep or appetite
- I find myself less interested in activities I used to enjoy
- I feel sad or hopeless, some or all of the time
- I have worries about my future
- I only notice the negatives in life
- I feel guilty about not being able to cope
- I don't feel as motivated to do things
- I have difficulties moving around

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## What can I do to help reduce pain?

- See friends and family regularly
- Take up some new hobbies and interests
- Focus on wellbeing and relaxation
- Plan and pace my activities
- Discuss medication with my GP

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## Mind Matters Talking Therapies

Our therapy sessions (group or 1 to 1) are delivered by qualified staff who have special training in working with Chronic Pain. They will help you:

- Manage your stress and anxiety more effectively.
- Challenge negative patterns of thinking.
- Find new ways to manage worries.
- Plan an achievable balance of activities.
- Learn different ways of relaxation including mindfulness.
- Help you make small changes in your life and put your learning into practice.

*"I feel more positive now, knowing I have some tools to cope with the pain"*

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## How can Mind Matters help?

Mind Matters talking therapies service offers a range of support to help you learn new ways to improve your wellbeing whilst living with pain.