

Pain Management Apps and Online Resources

Symptom Tracking and Pain Self-Management



WebMAP

A cognitive-behavioral program where teens can learn about chronic pain, set goals for increasing physical activities, learn relaxation and imagery strategies.

App Store: <https://apple.co/3acqAyM>



Liv

Daily pain management and symptom tracker. Provides insight and pain education within the app as well.

App Store: <https://apple.co/2UzDdgI>



Cara Care

Daily food logging and tracking for a variety of symptoms and health concerns. Specifically designed for people with chronic gut conditions.

App Store: <https://apple.co/2UqjpA5>

Google Play: <https://bit.ly/3dw85HR>



CareClinic

Daily symptom and medication tracking.

App Store: <https://apple.co/2QEWyff>

Google Play: <https://bit.ly/3biQuRE>



Symple

Daily pain symptom tracker. Includes 5 free symptoms/pain areas.

App Store: <https://apple.co/2QGepCz>



Migraine Buddy

Daily symptom tracking for migraine and headache. Includes free pain tracking and educational tools.

App Store: <https://apple.co/33Gf38p>

Google Play: <https://bit.ly/2J65ne6>



myIBD

Daily symptom tracking (pain, food, appetite, mood) for people with Inflammatory Bowel Disease.

App Store: <https://apple.co/2UBXJxw>

Google Play: <https://bit.ly/3boqBQC>

Websites

To learn how pain develops, how it is assessed, and how it can be treated:

www.aboutkidshealth.ca/pain

Mycare path is a free online tool for self-management strategies for adolescents with chronic pain. It has three little animated videos, one on pacing: www.mycarepath.ca/



The Comfort Ability:

www.thecomfortability.com



PainBytes:

www.aci.health.nsw.gov.au/chronic-pain/painbytes



TAPMI Pain U Online:

www.tapmipain.ca/patient/managing-my-pain/pain-u-online/#/



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Mindfulness



Headspace

Includes free guided meditations as well as options for in-app purchases.

App Store: <https://apple.co/2JbYXKi>

Google Play: <https://bit.ly/2QVfQgT>



Stop, Breathe, & Think Kids

Short, free mindfulness guided meditation sessions geared towards kids.

App Store: <https://apple.co/33HdqaG>



Yoga for Beginners

Quick and simple free guided yoga workouts for relaxation and stress relief.

App Store: <https://apple.co/2WzcbZH>

Google Play: <https://bit.ly/2xmHVGB>



Smiling Mind

Free guided meditations and educational modules catered to a variety of age groups.

App Store: <https://apple.co/2Uwu5cL>

Google Play: <https://bit.ly/2QlylVE>

Stress and mental health

Bell Let's Talk: Has excellent resources for all ages, toolkits, and resources for caregivers and families: <https://letstalk.bell.ca/en/get-help>

Kids Help Line: Distress Line: 1-800-668-6868

Website: <https://kidshelpphone.ca/>

For ages 15 years+: <https://bouncebackontario.ca/>

For ages 16 years+: www.bigwhitewall.com

Crisis support: <http://crisisline.ca>

Anxiety Canada: A great resource to learn about anxiety and how to help.

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

Guided audio meditations link to help you relax, focus on your thoughts and cope with pain and stress:

<https://teens.aboutkidshealth.ca/mentalhealth?topic=guidedmeditations>

Distraction



WordScapes

Free word-based puzzles.

App Store: <https://apple.co/33FMl7B>

Google Play: <https://bit.ly/2Ud0sLj>



2048

Free number-based puzzle.

App Store: <https://apple.co/2vMljxW>

Google Play: <https://bit.ly/2Ud0MNz>



Happy Color

Free app with color-by-number pictures.

App Store: <https://apple.co/2xmlgsR>

Google Play: <https://bit.ly/2UzF9G0>

Various Pain Management Resources

To help your kids through brief medical procedures:

<https://www.caringforkids.cps.ca/handouts/supporting-your-child-through-a-brief-medical-procedure>

To help babies through vaccinations:

https://www.caringforkids.cps.ca/uploads/handout_images/3p_babiesto1yr_e.pdf

To help kids and teens through vaccinations:

https://www.caringforkids.cps.ca/uploads/handout_images/Pain-reduction-kids-and-teens.pdf

To learn how you can help your child's pain from surgery:

<http://www.sickkids.ca/visittingsickkids/coming-for-surgery/pain/index.html>

