

CATCH | CANADIAN EARLY ARTHRITIS COHORT

List of resources about RA, pain, and mental health

We have compiled a list of patient resources from credible arthritis organizations across Canada.

Arthritis Consumer Experts (<https://jointhealth.org/>)

- [Arthritis Consumer Experts Survey Report on Arthritis and Mental Health](#)
- [Mental Health and Arthritis: A Complex Relationship](#)
- [Arthritis At Home Episode 155 – Emotional and mental health challenges for people living with inflammatory arthritis](#)
- [Arthritis At Home Episode 23 – Telehealth and a joint-friendly workspace with Michelle Bridge](#)
- [The pain of arthritis](#)

Arthritis Research Canada (<https://www.arthritisresearch.ca/>)

- [Anxiety and Depression in People with Arthritis](#)
- [Arthritis & Insomnia Education Series Episode](#)
- [Mental health of parents with Autoimmune Rheumatic Diseases during early child development](#)
- [The Puzzle of Hip Pain and Hip Osteoarthritis \(OA\) Education Series Episode](#)
- [Strength Training for a Healthy Life](#)

Arthritis Society Canada (<https://arthritis.ca/>)

- [Mental Health Guide](#)
- [Pain Management Guide](#)
- [Inflammatory Self-management page](#)

Canadian Arthritis Patient Alliance (www.arthritispatient.ca)

- [Rheum for your Mind Workshop Recordings](#): Dr. Andrea Knight (rheumatologist), Dr. Katie Birnie (psychologist), and Pamela Jarvis (social services worker)
- [Pain Talks series](#)
- [Living with Chronic Pain: Resources for Patients](#)
- [Emotionally Coping with your Diagnosis](#)

Canadian Spondyloarthritis Association (<https://sparthritis.ca/>)

- [Spoon Theory and Talking to Loved Ones](#)
- [Recharging your Batteries – A Mental Health Webinar](#)
- [Building a Village to Manage Chronic Illness Webinar](#)
- [Chronic Disease Distress Webinar](#)
- [Layered Pain Management for Chronic Pain](#)
- [Chronic Pain](#)

Creaky Joints Canada (<https://creakyjoints.ca/>)

- [PainSpot tool](#)
- [Pain Explained: An Online Package to Better Understand and Manage Chronic Pain](#)
- [Beyond the Physical: What We Learned About Arthritis and Mental Health](#)
- [Managing Big Emotions With a New Diagnosis of Rheumatoid Arthritis](#)