

Useful Links

Introduction

There are several Facebook pages and organisations that may be of interest to people with RSI. That is, apart from our own! They are mostly Australian-focused, not just local or international. Here is a list of some of them.

RSI: repetitive strain injury and musculoskeletal disorder support group

This is a safe space to share good and bad times, knowledge, help, and advice about RSI.

<https://www.facebook.com/groups/100796643608653>

My RSI Life

This is one person's blog about his experience with RSI. He has a YouTube channel.

<https://www.facebook.com/profile.php?id=100084554496725>

Central London RSI Support Group

The London RSI Support Group is an independent group of people who suffer from a RSI condition.

They hold monthly meetings via Zoom. You will need to get up early to attend.

<https://www.facebook.com/CentralLondonRsiSupportGroup>

Fibro and Chronic Pain Support

They are a Fibromyalgia, Chronic Pain, MS, and Autoimmune Disease Support Page. Their posts are mostly pictures.

<https://www.facebook.com/FibroandChronicPainSupport>

CRPS Awareness & Support TPBF Australia

They deal with Complex Regional Pain Syndrome. Their page has mostly pictures with mantras

<https://www.facebook.com/CRPSAwarenessSupport>

Surviving Chronic Pain

They are an overseas-based peer-to-peer support group for people suffering from any form of Chronic Pain.

<https://www.facebook.com/SurvivingChronicPain>

Beyond Blue

Equipping people in Australia with the knowledge and skills to achieve their best possible mental health. They make frequent informative posts about mental health.

<https://www.facebook.com/beyondblue/>

Black Dog Institute

The Black Dog Institute is the only Medical Research Institute in Australia to explore mental health across the lifespan. They make posts most days which attract comments and likes.

<https://www.facebook.com/blackdoginst/>

Australian Pain Society

The APS is truly a multidisciplinary organization with representatives among its members from many medical specialties, as well as dentistry, psychology, nursing, general practitioners other health professionals, and the basic sciences. The membership includes investigators and clinicians who are active in the field of pain and its management.

Links to some interesting articles. However many of them would be more relevant for medical professionals.

<https://www.facebook.com/australian.pain.society>

Chronic Pain Australia

Chronic Pain Australia is driven by a group of committed volunteers advocating to reduce the social and economic barriers to those who live with chronic pain.

Their website has a small forum, which you can join for free.

Their website has lots of information including several videos, mostly about individuals who are living with chronic pain, but there are other videos about chronic pain, plus factsheets.

Membership costs \$10pa (concession) or \$20pa (General membership).

<https://chronicpainaustralia.org.au/>

Australian Pain Management Association Ltd. (APMA)

The Australian Pain Management Association Ltd. (APMA) provides collective advocacy, information, and practical support for people living with chronic pain and their families. They work with governments, health clinicians, researchers, and the community generally to deliver evidence-based pain management services and ameliorate the personal and economic impact of people living with pain. Their website has several factsheets about chronic pain. It has several recent members' stories.

Membership is free. They have a fortnightly newsletter, which is available on the website.

<https://www.painmanagement.org.au/>



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