



**Stigma and Identity**  
**Pain Awareness Month #PainTrials**

**September 2023**

1. US Pain Foundation: [Many Living with Chronic Pain Feel Stigmatized by Providers](#)
2. Psychology Today: [6 Ways to Handle the Stigma of Chronic Pain and Illness](#)
3. Northern Pain Centre: [Chronic Pain, Changing Roles and Identity](#)
4. US Pain Foundation: [Volunteer – You Can do it from Home](#)
5. US Pain Foundation: [Ways to Advocate for Pain Community](#)
6. Northern Pain Centre: [Chronic Pain and Relationships](#)
7. CreakyJoints.org: [27 Things You Understand Only if You Live with Pain](#)
8. US Pain Foundation: [Donate to Support our Programs](#)