

References



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Additional Resources

Pain and Symptom Tracker

[Mino Care Pain Logbook](#)

Chronic Pain

[Power Over Pain Portal](#)

[Pelvic Pain & Endometriosis](#)

[What is Chronic Pain and How Can I Manage It?](#)

Mental Health Support

[Suicide Crisis Helpline](#)

[Kids Help Phone](#)

[Hope for Wellness Hotline](#)

Substance Use

[Canadian Centre on Substance Use & Addiction](#)

The Endometriosis Network of Canada

[The Endometriosis Network of Canada](#)

Finding a Surgeon

[The Endometriosis Network of Canada - Canadian Surgeon Directory](#)

[Finding Trauma-Informed Support](#)

Support Groups

[The Endometriosis Network of Canada - Virtual Support Groups](#)

[Endo Knows No Gen-D-O](#)

[Fertility Matters - Community-Based Support Groups](#)

