

Signposting Support: Menopause

Here is a selection of organisations that may be able to offer support for women experiencing perimenopause, menopause or premature menopause.

NHS England

To access information on the menopause/ early menopause, their symptoms and treatments, head to the NHS website.
<https://www.nhs.uk/conditions/menopause>
<https://www.nhs.uk/conditions/early-menopause>

Menopause and Me

An organisation that provides tailored information about all stages of menopause and the tools and support to help make informed choices when it comes to managing symptoms.
<https://www.menopauseandme.co.uk>

Manage My Menopause

A website providing the opportunity to get tailored menopausal advice from experts in post-reproductive health that is specific to each individual's needs.
<https://www.managemymenopause.co.uk>

My Menopause Doctor

Empowering women with the necessary information to make informed decisions regarding the treatment options that are available.
<https://www.menopausedoctor.co.uk>

The Daisy Network

A charity dedicated to providing information and support for women who experience early menopause, premature menopause and / or premature ovarian insufficiency.
<https://www.daisynetwork.org>

Menopause Matters

An award-winning, independent website providing up-to-date, accurate information about menopause, menopausal symptoms and treatment options.
<https://www.menopausematters.co.uk>

Women's Health Concern

The patient arm of the British Menopause Society, providing a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns.
<https://www.womens-health-concern.org>

The Menopause Charity

A charity on a mission to bust myths, overcome ignorance and make menopause symptoms history. Supporting women and healthcare professionals with fact-based menopause research and access to the safest treatments.
<https://www.themenopausecharity.org>

Everymind at Work Resources

- [Why Menopause Matters at Work: The Facts](#)
- [Menopause Symptoms](#)
- [Blog Article: Why Menopause Matters at Work](#)
- [Managing Menopause at Work: A Guide for Line Managers and HR](#)
- [Managing Menopause: Hints & Tips for Managers](#)
- [Understanding Menopause](#)