

Menopause support

Navigating menopause can be challenging, but you don't have to do it alone. Your GP or the NHS should be your first point of contact for menopause support. In addition, there are many organisations that offer information, guidance, and resources to help you manage perimenopause, menopause, or premature menopause with confidence.



Supports women with fact-based menopause research and information to access support and advice.

themenopausecharity.org
info@themenopausecharity.org



Offers private telephone and video consultations, a free online support network, and access to online resources.

menopausesupport.co.uk
hello@menopausesupport.co.uk



Dedicated to providing information, support, and community for individuals (and their families) diagnosed with Premature Ovarian Insufficiency (POI).

daisynetwork.org
info@daisynetwork.org



Provides tailored information about all stages of menopause and the tools and support to help make informed choices when it comes to managing symptoms.

menopauseandme.co.uk



Offers up-to-date, accurate information about menopause, symptoms, and treatment options, along with peer support.

menopausematters.co.uk

MENOPAUSE SUPPORT



Created to make menopause support inclusive and accessible worldwide, their app enables individuals to learn, track symptoms and access private treatment.

balance-menopause.com



Provides confidential, independent advice and education on gynaecological and sexual health.

womens-health-concern.org



A global initiative bringing people together to talk about menopause in a relaxed, informal setting. Open to all, regardless of gender or age.

menopausecafe.net



Provides inclusive menopause resources and support for LGBTQIA+ individuals experiencing menopause.

queermenopause.com