

MENOPAUSE

Further sources of information



British Menopause Society

Henpicked

This provides information on managing menopause and an insight into women's stories.

Information on hysterectomy

This provides an insight into surgical induced menopause as a result of having a hysterectomy.

Menopause Doctor

This provides support on Menopause from a specialist doctor.

Menopause information

This provides an overview of Menopause.

Menopause Matters

National Health Services

This provides an overview of Menopause.

National Institute for Health and Care Excellence (NICE) guidelines

Types of treatments and interventions on offer to you.

Natural health website for women

This provides information on the natural approach to managing menopause symptoms.

Patient Information

Premature Ovarian Insufficiency (POI)

POI Information and support on very early menopause.

Royal College of Nursing

RCN: Healthy Workplace, Healthy You

The Work Foundation

TUC

Working Through the Change: Health and Safety and the Menopause

Unison

The Menopause and Work: A Guide for Unison Safety Reps

Unite

Working Women Stronger Together

Wellbeing & Inclusion

A link to Business in the Community resources.

Women's Health

