

Menopause Resources

Useful Websites

Daisy Network: provide information and support to women diagnosed with Premature Menopause. Visit [here](#)

The Menopause Charity: provide evidence-based information and advice on the menopause, downloads available <https://www.themenopausecharity.org/menopause/>

Menopause Matters: provides up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Visit [here](#)

The Menopause Management: offer support and information for LGBTQIA+ people experiencing the menopause. [Transgender - The Menopause Management | LGBTQIA+ menopause](#)

Menopause and Me: provides tailored information about all stages of the menopause and the tools and support to help you make informed choices when it comes to managing your symptoms. Visit [Menopause and Me|Official Website](#)

NHS Inform: provides information on menopause, symptoms of menopause, treatments available, workplace, relationships and how to support someone through the menopause. Visit [here](#)

Women's Health Concern: is the patient arm of the British Menopause Society. They provide a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns. Visit [here](#)

Resources

Keeping yourself Healthy: a guide to the menopause, an illustrated booklet for women with disabilities about the menopause. Copies can be ordered free from [NHS Greater Glasgow and Clyde Public Health Resource Directory](#) (you need to create an account).

The Sleep Charity: [information sheet](#) on menopause and sleep.

Wellbeing South Glasgow: offer a free downloadable booklet called [Trouble Sleeping](#)

Helplines

The Relationship Helpline: when you need someone to talk to about a relationship problem. Freephone 0808 802 2088, Mon-Thurs 9am - 9pm Fri 9am -4pm

Samaritans: 116 123. A free and confidential support to anyone, any age. 24 hrs day, 7 days a week

NHS Living Life: 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm

Breathing Space: 0800 83 85 87. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2pm and weekends Friday 6pm - Monday 6am