

Menopause Resources

Useful Websites

NHSGGC Women's Health: a platform hosting a wealth of women's health information including menopause <https://www.nhsggc.scot/staff-recruitment/staff-support-and-wellbeing/womens-health/>

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

Scottish Government: Menopause Campaign Resources <https://sgmarketing-newsroom.prgloo.com/resources/f/healthier-scotland-campaigns/menopause-awareness-month-resources>

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. <https://www.womens-health-concern.org/>

Helplines

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

NHS 24 Mental Health Hub: Telephone and advice support can be obtained from NHS24 by phone **111**; the Mental Health Hub is open 24/7

The Relationship Helpline: when you need someone to talk to about a relationship problem. Freephone 0808 802 2088, Monday to Thursday from 9am to 5pm

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

SHOUT: A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**