

Menopause Resources

Useful Websites

National Health and Wellbeing Hub: offers specialized guidance for health and social care staff for managing menopausal symptoms and maintaining physical and mental health at work. [The Menopause - National Wellbeing Hub](#)

NHSGGC Women's Health: a platform hosting a wealth of women's health information including menopause <https://www.nhsqgc.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 [Campaign Assets | Scottish Government Marketing News](#)

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/>

App

Balance - Menopause & Hormones: provides evidence-based information to help you become better informed, prepared and empowered during the peri-menopause and menopause [Balance - Menopause & Hormones App - App Store](#)

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

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**