

## 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](#)

**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 [NHSGGC 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