1. Guidance on menopause and the workplace

2. WHC factsheets and other helpful resources - Women's Health Concern

   Women's Health Concern (WHC), established in 1972 WHC provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

3. Rock My Menopause

   A resource to raise awareness and support all things menopause for all.

4. The Balance app

   Brought to you by renowned menopause specialist, Dr Louise Newson and the thousands of people who've shared their perimenopause and menopause insights with us, the free balance app allows you to track your symptoms, access personalised expert content, download a Health Report©, share stories in the community and lots more.

5. Menopause Matters

   ***Menopausematters.co.uk** is an award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Here you will find information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help and what treatments are available.*

6. My Menopausal Vagina

   "One woman's journey with vaginal symptoms affecting many aspects of her life, how she found support, and what treatments really work for thousands of sufferers."

7. The Menopause Charity

   Website to help people understand the mental and physical changes that occur during perimenopause and menopause.