

## Useful signposting & resources

Women's Health concern : [www.womens-health-concern.org](http://www.womens-health-concern.org) : fact sheets

Menopause Matters : [www.menopausematters.co.uk](http://www.menopausematters.co.uk)

BMS : [www.thebms.org.uk](http://www.thebms.org.uk) : publications scroll to tools for clinicians

NICE guidelines : [www.nice.org.uk/guidance/ng23](http://www.nice.org.uk/guidance/ng23)

Let's Talk Menopause : [www.letstalkmenopause.co.uk](http://www.letstalkmenopause.co.uk) : blog & diary

The Borders Menopause Clinic : [www.thebordersmenopauseclinic.co.uk](http://www.thebordersmenopauseclinic.co.uk)

Jackie Lynch/Nutritionist : [www.well-well-well.co.uk](http://www.well-well-well.co.uk)

Squeezy app : [www.squeezyapp.com](http://www.squeezyapp.com) : pelvic floor

Daisy Network : [www.daisynetwork.org](http://www.daisynetwork.org) : Prematur menopause

The Eve Appeal : [www.eveappeal.org.uk](http://www.eveappeal.org.uk) : 5 gynae cancers

Endometriosis UK : [www.endometriosis-uk.org](http://www.endometriosis-uk.org)

The Royal Osteoporosis Society : [theros.org.uk](http://theros.org.uk)

Women's Health Plan: <https://www.gov.scot/news/womens-health-plan/>

NHS inform: [www.nhsinform.scot/menopause](http://www.nhsinform.scot/menopause)

CBT self help guide : Living Well Through The Menopause by Myra Hunter and Melanie Smith Managing Hot flushes and Night sweats; A cognitive behavioural self-help guide to the Menopause

[www.letstalkmenopause.co.uk](http://www.letstalkmenopause.co.uk) | [ruth@letstalkmenopause.co.uk](mailto:ruth@letstalkmenopause.co.uk)