

Understanding Menopause Resources

Menopause Support provides education, information, advice, and support for those experiencing menopause and those seeking to support them. We also provide corporate menopause awareness training and educational workshops for wellbeing professionals. www.menopausesupport.co.uk

We have lots of free resources on our website including symptom checkers, fact sheets, guides, including 10 things your Dr should know about menopause, Understanding Menopause for Partners, how to prepare for your Drs appointment etc

We host a private, fully moderated, community group via Facebook called the **The Menopause Support Network**

Diane Danzebrink on YouTube – video interviews with renowned menopause specialists and experts on various aspects of menopause and women's health. These are also available via the resources tab on the Menopause Support website.

Podcast '**Menopause- the good, the bad and the downright sweaty,**' available via Apple or Podbean.

You can find Diane Danzebrink on Instagram and LinkedIn

Women's Health Concern is part of the British Menopause Society (BMS) www.womens-health-concern.org offering factual, evidence-based information.

Daisy Network is a charitable organisation supporting those affected by premature menopause www.daisynetwork.org.uk

The British Menopause Society- Useful to find videos of menopause specialists talking about specific aspects of menopause and the 'find a specialist' search tool. - www.bms.org.uk [British Menopause Society | For healthcare professionals and others specialising in post reproductive health \(thebms.org.uk\)](http://www.bms.org.uk)

Books

Oestrogen Matters, Avrum Bluming and Carol Tavris, PhD

The Complete Guide to the Menopause- Dr Annice Mukherjee

Natural Menopause- Consultant editor Anne Henderson MA MRCOG

Me & My Menopausal Vagina, one woman's story of living with vaginal atrophy, useful downloadable leaflet, and poster www.mymenopausalvagina.co.uk

MBoldened- Menopause conversations we all need to have- Edited by Caroline Harris

The XX Brain- Dr Lisa Mosconi

The Complete Guide to POI & Early Menopause- Dr Hannah Short and Dr Mandy Leonhardt