

## Useful signposting and 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 & Menopause diary: [www.letstalkmenopause.co.uk](http://www.letstalkmenopause.co.uk)

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

Kathy Abernethy: [www.kathyabernethy.com](http://www.kathyabernethy.com) & [www.peppy.health](http://www.peppy.health)

Dr Claire Macaulay: [www.pleasurepossibility.com](http://www.pleasurepossibility.com)

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

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

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: <https://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)

Symptom checker: <https://tinyurl.com/4946pkx6>

CBT : 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: <https://tinyurl.com/mvkz6ksb>

Nursing in Practice article 2022: good resources : <https://www.nursinginpractice.com/clinical/womens-health/up-to-speed-menopause/>

