

Appendix 3

Signposts



To access information on the **menopause** / **early menopause**, their symptoms and treatments, head to the NHS website.

NHS ENGLAND

A website providing the opportunity to get tailored menopausal advice from experts in post-reproductive health that is specific to each individual's needs.

MANAGE MY MENOPAUSE

A charity dedicated to providing information and support for women who experience early menopause, premature menopause and/or premature ovarian insufficiency.

THE DAISY NETWORK

The patient arm of the British Menopause Society, providing a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns

WOMEN'S HEALTH CONCERN

An organisation that provides tailored information about all stages of menopause and the tools support to help make informed choices when it comes to managing symptoms.

MENOPAUSE & ME

Empowering women with the necessary information to make informed decisions regarding the treatment options that are available

MY MENOPAUSE DR

An award-winning, independent website providing up-to-date, accurate information about menopause, menopausal symptoms and treatment options

MENOPAUSE MATTERS

A charity on a mission to bust myths, overcome ignorance and make menopause symptoms history. Supporting women and healthcare professionals with fact-based menopause research and access to the safest treatments.

THE MENOPAUSE CHARITY