

It's always important to source your information from reliable and trusted sites when relying on the internet. Here are a few sites that I have found really helpful and informative during my own journey and training

NHS Menopause: Clear, up to date information on symptoms, treatments, and lifestyle support.

<https://www.nhs.uk/conditions/menopause>

Women's Health Concern : (patient arm of the British Menopause Society)
Easy-to-read factsheets and guidance on HRT, lifestyle changes, and symptom management.

<https://www.womens-health-concern.org>

British Menopause Society:

Professional guidance and research (can show credibility for your audience).

<https://thebms.org.uk>

Henpicked: Menopause in the Workplace

Practical workplace advice, case studies, and resources for employees and employers.

<https://henpicked.net/menopause-in-the-workplace>

Balance: Dr Louise Newson's site and app

Lots of free resources, podcasts, and practical advice.

<https://www.balance-menopause.co>



Jo Moran : Menopause coach and survivor of the 'Hormone Apocalypse'