

Menopause national signposting

This is a quick reference guide to reputable, evidence-based national menopause resources. These links offer information, tools, and specialist support.



Please note that we do not control the content of external sites, and inclusion does not imply endorsement.

What you might notice:

Searching online for menopause support can feel overwhelming. You may find conflicting advice, commercial messaging, or information that doesn't fit your situation.

What may help:

Using trusted, evidence-based resources can help you access accurate information, understand your symptoms, and prepare for conversations with healthcare professionals.

National resources

Find a Menopause Specialist

Locate a British Menopause Society (BMS), recognised specialist (NHS or private).

<https://thebms.org.uk/find-a-menopause-specialist/>

Pausitivity - Menopause Support Pack

A user-friendly pack explaining symptoms, changes, and helpful questions to ask your GP.

<https://www.pausitivity.co.uk/wp-content/uploads/2020/07/Home-Pack-w-resources.pdf>

The Greene Climacteric Scale

A validated symptom assessment tool to track changes before and after treatment.

<https://www.menopausematters.co.uk/greenescore.php>



NHS - Menopause Overview

General NHS guidance on symptoms, treatments, and when to seek help.

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

NICE Guidelines (NG23)

Official national guidance on menopause diagnosis, support, and treatment.

🔗 <https://www.nice.org.uk/guidance/ng23/resources/menopause-pdf-718895758021>

Menopause Support

There are lots of free resources available on the website.

🔗 menopausesupport.co.uk – Supporting You Through Change

Daisy Network

Support for people experiencing early menopause / Premature Ovarian Insufficiency (POI).

🔗 <https://www.daisynetwork.org/>

Surgical Menopause Support

Information, advice, and community support for people experiencing surgical menopause.

🔗 www.thesurmenoconnection.com

🔗 www.surgicalmenopause.co.uk

Menopause in the Workplace - FOM Guidance

Practical occupational health guidance for employers and employees.

🔗 <https://www.fom.ac.uk/health-at-work-2/information-for-employers/dealing-with-health-problems-in-the-workplace/advice-on-the-menopause>

When to seek support:

If symptoms are affecting your wellbeing, your work, or your quality of life in any way, reach out to your GP, a specialist, or one of the organisations listed here.



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

