

# Menopause and Menstrual Health: Information and Resources



## NHS Inform

NHS Inform – Women's Health

<https://www.nhsinform.scot/healthy-living/womens-health>

## Periods and Menstrual health

NHS Inform – Girls and young women (puberty to around 25)

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25>

NHS Inform – Middle years (around 25 to 50 years)

<https://www.nhsinform.scot/healthy-living/womens-health/middle-years-around-25-to-50-years>

NHS Inform – Later years (around 50 years and over)

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/>

NHS Inform – Heavy periods

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/heavy-periods>

NHS Inform – Period pain (dysmenorrhoea)

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/period-pain-dysmenorrhoea>

NHS Inform – Irregular periods

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/irregular-periods>

NHS Inform – Self-help tool: Periods and mental wellbeing

<https://www.nhsinform.scot/self-help-guides/self-help-tool-periods-and-mental-wellbeing/>

NHS Inform – Premenstrual Syndrome (PMS)

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/premenstrual-syndrome-pms>

NHS Inform – Polycystic ovary syndrome (PCOS)

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/polycystic-ovary-syndrome-pcos>

NHS Inform - Endometriosis

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/endometriosis/>

NHS Inform - Fibroids

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/fibroids/>

NHS Inform - Adenomyosis

<https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/adenomyosis/>

## Menopause

NHS Inform – Menopause

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause>

NHS Inform - Early and premature menopause

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/early-and-premature-menopause>

NHS Inform - Signs and symptoms of menopause

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/signs-and-symptoms-of-menopause>

NHS Inform - Treating menopause symptoms

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/treating-menopause-symptoms/>

NHS Inform - Middle years (around 25 to 50 years)

<https://www.nhsinform.scot/healthy-living/womens-health/middle-years-around-25-to-50-years>

NHS Inform - Later years (around 50 years and over)

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/>

NHS Inform – Menopause and the workplace

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause-and-the-workplace>

NHS Inform - Menopause and your mental wellbeing

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause-and-your-mental-wellbeing>

National Wellbeing Hub - Menopause in the workplace

<https://wellbeinghub.scot/resource/menopause-in-the-workplace/>

NHS Inform - Supporting someone through the menopause

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/supporting-someone-through-the-menopause>

NHS Inform – Menopause videos

<https://www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause-videos>

National Wellbeing Hub - Lived experience of the menopause: Louise's story

<https://wellbeinghub.scot/resource/lived-experience-of-the-menopause-louises-story/>

National Wellbeing Hub - Lived experience of the menopause: Tracey's story

<https://wellbeinghub.scot/resource/lived-experience-of-the-menopause-traceys-story/>

National Wellbeing Hub - "Let's talk about the menopause" – developing an awareness and support programme for staff

<https://wellbeinghub.scot/resource/lets-talk-about-the-menopause-video-series/>

National Wellbeing Hub - Menopause: Policy into practice

<https://wellbeinghub.scot/resource/menopause-policy-into-practice/>

National Wellbeing Hub - Providing effective menopause workplace support

<https://wellbeinghub.scot/resource/providing-effective-menopause-workplace-support/>

National Wellbeing Hub - Menopause Yoga

<https://wellbeinghub.scot/resource/menopause-yoga/>

National Wellbeing Hub - Improving sleep during the Menopause

<https://wellbeinghub.scot/resource/improving-sleep-during-the-menopause/>

## Legislation

Legislation.gov.uk - Health and Safety at Work etc. Act 1974

<https://www.legislation.gov.uk/ukpga/1974/37/contents>

Legislation.gov.uk - Equality Act 2010

<https://www.legislation.gov.uk/ukpga/2010/15/contents>

## Sources of information for staff/line managers

NHSScotland Menopause and Menstrual Health Workplace Policy

[http://www.sehd.scot.nhs.uk/dl/DL\(2023\)28.pdf](http://www.sehd.scot.nhs.uk/dl/DL(2023)28.pdf)

Close the Gap – Creating a Menopause Aware Workplace

<https://www.closesthegap.org.uk/content/resources/Creating-a-menopause-aware-workplace.pdf>

CIPD – Menopause resources

<https://www.cipd.org/en/topics/menopause/>

CIPD – Menopause at work: Guide for people managers

<https://www.cipd.org/uk/knowledge/guides/menopause-people-manager-guidance/>

Women's Health Concern – Menopause in the Workplace

<https://www.womens-health-concern.org/help-and-advice/menopause-in-the-workplace/>

The ALLIANCE – Menopause and the workplace – Resource pack

<https://www.alliance-scotland.org.uk/blog/news/menopause-and-the-workplace-resource-pack/>

The ALLIANCE – Conversation Café toolkit

<https://www.alliance-scotland.org.uk/wp-content/uploads/2023/07/Conversation-Cafe-toolkit-for-womens-health-Digital.pdf>

National Wellbeing Hub – Tips for supporting your peers

<https://wellbeinghub.scot/resource/tips-for-supporting-your-peers/>

The British Standards Institution (BSI) – Menstruation, menstrual health and menopause in the workplace – Guide

<https://knowledge.bsigroup.com/products/menstruation-menstrual-health-and-menopause-in-the-workplace-guide?version=standard>

Information Pack for Organizations (MIPO) – A free, open access suite of resources to help workplaces support menopausal transition

<https://www.menopauseatwork.org/>

CIPD – Menopause leaflet

<https://www.cipd.org/contentassets/f68c68de749a4820a46cbc7a656b2ef9/2023-menopause-leaflet-a5-8261.pdf>

Health and Safety Executive – Stress and mental health at work

[https://www.hse.gov.uk/stress/index.htm?utm\\_source=hse.gov.uk&utm\\_medium=referral&utm\\_campaign=guidance-push&utm\\_term=stress&utm\\_content=home-page-popular](https://www.hse.gov.uk/stress/index.htm?utm_source=hse.gov.uk&utm_medium=referral&utm_campaign=guidance-push&utm_term=stress&utm_content=home-page-popular)

Bupa – Supporting employees with endometriosis: a guide for managers

[https://www.bupa.co.uk/~/\\_media/Files/MMS/bins-11373.pdf](https://www.bupa.co.uk/~/_media/Files/MMS/bins-11373.pdf)

## **Signposting – other sources of information/support for staff**

Menopause Matters – Includes menopausal symptoms, remedies and advice

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

Women's Health Concern – Menopause Wellness Hub

<https://www.womens-health-concern.org/help-and-advice/menopause-wellness-hub/>

The University of Edinburgh – Healthy Optimal Periods for Everyone (HOPE)  
<https://www.ed.ac.uk/centre-reproductive-health/hope/about-hope>

Menopause Café - Supporting people to talk about the menopause.  
<https://www.menopausecafe.net/>

Daisy Network - Information and support to women diagnosed with Premature Ovarian Insufficiency (POI), also known as Premature Menopause.  
<https://www.daisynetwork.org/>

Breathing Space - Living Life: team of therapists, offering appointment-based telephone support based on cognitive behavioural therapy.  
<https://breathingspace.scot/living-life/>

The Menopause Exchange - Independent and practical advice about the perimenopause, menopause, midlife and post-menopausal health.  
<https://www.menopause-exchange.co.uk/>

Let's Talk Menopause - Helps people to make more informed decisions about how to manage their menopause, helps employers to support their workforce and helps HCPs to provide adequate care and treatment.  
<https://www.letstalkmenopause.co.uk/>

Sleep Scotland - Supporting people to have healthy sleep.  
<https://sleepscotland.org/>

National Wellbeing Hub - Quick Guide for Accessing Sleepio  
<https://wellbeinghub.scot/resource/quick-guide-for-accessing-sleepio/>

Headspace – How to meditate  
<https://www.headspace.com/collections/uk-collection>

Endometriosis UK – Charity for Endometriosis  
<https://www.endometriosis-uk.org/>

Endometriosis UK – Managing your endometriosis at work  
<https://www.endometriosis-uk.org/sites/default/files/2022-09/Hints%20and%20tips%20for%20dealing%20with%20employers%20%28New%20Branding%29.pdf>

Endo S.O.S – Charity for Endometriosis  
<https://www.endosos.org/>

Royal College of Obstetricians & Gynaecologists - Endometriosis patient information leaflet  
<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/endometriosis-patient-information-leaflet/>

National Wellbeing Hub - Mental Wellbeing  
<https://wellbeinghub.scot/resource-topic/mental-wellbeing/>