

# Menopause Resources – United Kingdom

## **Mission Menopause** – <https://missionmenopause.com/>

- Face-to-face and virtual workshops
- Lunch-and-learn sessions
- 1:1 coaching
- Focus groups

## **Menopause Support** – <https://menopausesupport.co.uk/>

- Educational menopause awareness presentations
- Webinars and training sessions
- 1:1 consultations

## **Women’s Health Concern** – <https://www.womens-health-concern.org/help-and-advice/menopause-in-the-workplace/>

- Downloadable menopause resources (e.g., fact sheets)
- Telephone and email advisory service
- Links to video shorts
- Seminars and workshops
- Find nearest British Menopause Society (BMS) menopause specialist