

# Let's talk Menopause

## *External resources*



There are some useful websites available to help answer your menopause questions including our confidential adviceline and My Healthy Advantage App

### **My Menopause Doctor Louise Newson**

[www.menopausedoctor.co.uk](http://www.menopausedoctor.co.uk)

### **CIPD**

[www.cipd.co.uk/knowledge/culture/well-being/menopause](http://www.cipd.co.uk/knowledge/culture/well-being/menopause)

### **Talking Menopause**

[www.talkingmenopause.co.uk/](http://www.talkingmenopause.co.uk/)

### **ACAS**

[www.acas.org.uk/menopause](http://www.acas.org.uk/menopause)

### **My Healthy Advantage App | Health Assured**



**You are not alone!**

You can call 07947 504497

[menohotline@nationalcaregroup.com](mailto:menohotline@nationalcaregroup.com)