

# You are important to us: Menopause



We are  
**compassionate**  
and **inclusive**



We are  
**always**  
**learning**

[megsmenopause.com/2019/08/23/how-the-menopause-is-viewed-in-bame-communities-dr-nighat-arif-gp-wsi-in-women-health/](https://megsmenopause.com/2019/08/23/how-the-menopause-is-viewed-in-bame-communities-dr-nighat-arif-gp-wsi-in-women-health/)

[femininity.atavist.com/if-im-transgender-do-i-go-through-menopause](https://femininity.atavist.com/if-im-transgender-do-i-go-through-menopause)

[Menopause resources for LGBTQIA+ people — queermenopause.com](https://queermenopause.com)

[Menopause - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Menopause - Wellbeing Of Women](#)

[Meet myPause : Track your journey through menopause \(mypauseapp.com\)](https://mypauseapp.com)

[The Menopause Charity - Menopause Facts, Advice and Support](#)

[British Menopause Society \(thebms.org.uk\)](https://thebms.org.uk)

[Home | Menopause Hub - Expert information, useful resources, top tips and women's stories \(henpicked.net\)](https://henpicked.net)

[Balance - Menopause library](#)

[My Menopause Centre | Information & Advice from Menopause Experts](#)

[Menopause and Me | Official Website](#)

[The 34 Symptoms of Menopause | First Signs of Menopause | Inspired Health](#)

[Newson Health - Home](#)