

Menopause & Mental Health Resource list

Recommended Resource	Where to find the resource/ relevant information
The Menopause Hub	www.themenopausehub.ie
Irish Family Planning Association	1850495051/ www.ifpa.ie
The Irish Menopause	www.theirishmenopause.com/ @theirishmenopausepage on Facebook
Dublin Well Woman centres Dublin	Pembroke Road, Liffey St & Coolock
Podcast: My menopause Doctor	Dr. Louise Newson www.menopausedoctor.co.uk Spotify
Menopause Maze Checklist	https://40010680-c868-474d-932d-963cdea138ca.filesusr.com/ugd/5e1312_a926468e3f1640b9a10e947efd0e1fd4.pdf www.menopausemaze.ie Resource Page
British Menopause Society	www.thebms.org.uk
National Institute for Health and Care Excellence (NICE) Guidance. Menopause: diagnosis and management	Nice.org.uk/guidance/ng23
Menopause with Liz Earle	https://lizearlewellbeing.com/episode8-menopause/
The Good Menopause Guide by Liz Earle	Lizearlewellbeing.com
The XX Brain by Dr. Lisa Mosconi	Good bookshops; www.bookdepository.com www.amazon.co.uk
Oestrogen Matters by Avrum Bluming and Carol Tavris	Good bookshops; www.bookdepository.com www.amazon.co.uk