

Resources - Websites & Organisations



The organisations listed here offer valuable information, advocacy, and community support. For some people, however, navigating different services or sources can feel overwhelming.

If you'd like a supportive space to explore what you're experiencing and consider what kind of help feels right for you, I offer one-to-one counselling tailored to your individual needs. You're very welcome to get in touch to arrange an initial conversation.

General Mental Health

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| Anxiety UK | https://www.anxietyuk.org.uk/ | Charity providing support for those diagnosed with an anxiety condition |
| C.A.L.M | https://www.thecalmzone.net/ | CALM is the Campaign Against Living Miserably, for men aged between 15 and 35. |
| Heads together | https://www.headstogether.org.uk/ | A series of programmes to fundraise and tackle mental health issues. |
| Mental Health Foundation | https://www.mentalhealth.org.uk/ | Provides information and support for anyone with mental health problems or learning difficulties. |
| MIND | https://www.mind.org.uk/ | Provides advice and support to empower anyone experiencing a mental health problem. |
| NHS | https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/ | NHS talking therapies, GP access. |
| Papyrus hope line UK | https://papyrus-uk.org/hopelineuk/ | Young suicide prevention society. |
| Re-think | https://www.rethink.org/ | Support and advice for people living with mental illness |
| Samaritans | https://www.samaritans.org/ | Confidential support for people experiencing feelings of distress or despair |



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| SANE | http://www.sane.org.uk/ | Emotional support, text care via text messages, information and guidance for people affected by mental illness, their families, and carers. |
| Together-UK | https://www.together-uk.org/ | A national charity offering a wide range of support to help those with mental health issues. |
| Time to change | https://www.time-to-change.org.uk/ | A campaign to change the way people think and act about mental health problems. |

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| Manchester Mind | https://www.manchestermind.org/ | An independent charity offering support, information, and training to those in Manchester |
| Self-help services | https://www.selfhelpservices.org.uk/ | Offering peer support, eTherapy, talking therapies to those in Manchester. |
| Healthwatch Manchester | https://www.healthwatchmanchester.co.uk/ | Providing support and advise to those in the Northwest |
| Buzz Manchester Health & Wellbeing Service | www.buzzmanchester.co.uk | A community focused health and wellbeing services, offering 1-1 support and advice on a variety of issues. |
| SHOUT 24/7 confidential text service (external link) | Text 85258 anytime, anywhere for anyone in a crisis. | Download the Hub of Hope (external link) App on Android or IOS devices to find local services who understand and ready to talk. |
| Stay Alive App | https://stayalive.prevent-suicide.org.uk/articles/about/ | This app is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. |



Menopause

<https://menopausesupport.co.uk/>

Menopause Support is a not-for-profit Community Interest Company at the heart of the national **#MakeMenopauseMatter** campaign. Dedicated to empowering women navigating menopause, its website provides practical guidance, emotional support, and informative resources. The organisation also actively advocates for improved menopause care and greater public awareness, helping drive meaningful change across healthcare and society.

<https://thebms.org.uk/>

The British Menopause Society (BMS) is a charitable organisation committed to enhancing knowledge and understanding around all aspects of menopause. Through expert-led advice, professional training, and nationwide conferences, BMS supports healthcare professionals and promotes informed care for those experiencing menopause.

<https://www.womens-health-concern.org/>

Women's Health Concern is a charitable organisation offering independent, trusted support to women seeking clarity and reassurance about their health. With a strong commitment to education and empowerment, their resources include a dedicated menopause section designed to inform and guide women through this life stage with confidence and care.

<https://themenopausecharity.org/>

The Menopause Charity, founded by Dr Louise Newson, is dedicated to raising awareness and deepening understanding of perimenopause and menopause. Through education, training, and advocacy, the charity works to ensure that no one suffers unnecessarily from symptoms that can be recognised, understood, and supported.

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

Daisy Network is a UK-based charity devoted to supporting women affected by premature menopause. Through education, advocacy, and connection, the organisation helps those navigating early ovarian insufficiency find reassurance, community, and informed care.



<https://www.menopausecafe.net/>

Menopause Café is a registered charity that organises pop-up events across the globe. These gatherings provide an open, non-judgmental space where individuals—of all genders and ages—can come together to discuss menopause. Events typically involve informal conversation over tea and cake, with the aim of increasing awareness and reducing stigma around menopause.

<https://rockmy.com/get-informed/?ref=rmm>

Rock My Menopause: Rock My Menopause is a campaign to stamp out the taboo and prejudice around menopause, providing information, resources, and factsheets about the menopause.

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

Menopause Matters is an independent website offering dependable, evidence-based information on menopause, its symptoms, and available treatment options. The site is regularly updated to ensure users have access to the latest guidance and resources related to menopausal health.

<https://www.menopausemandate.com/>

Menopause Mandate is a UK-based not-for-profit organisation and campaign group working to improve menopause care, education, and awareness. It brings together healthcare professionals, campaigners, politicians, and public figures to advocate for better support across the NHS and wider society. The website features resources, personal stories, policy updates, and national surveys aimed at driving systemic change in how menopause is understood and treated. <https://www.redschool.net/for-menopause>

Red School is an educational organisation offering online courses, workshops, and a blog focused on menstrual cycle awareness and its role in fostering well-being and personal growth. Their resources also include guidance on menopause, supporting individuals in understanding and navigating this stage of life.



<https://rockmy.com/get-informed/?ref=rmm>

Rock My Menopause is a public awareness campaign focused on breaking taboos and challenging stigma surrounding menopause. It offers accessible information, downloadable factsheets, and other resources to help individuals better understand menopause and support informed conversations.

[The-menopause-is-a-workplace-issue.pdf](#)

UNISON – Menopause: A Workplace Issue

A downloadable guide addressing menopause as an equality and occupational health matter. It includes a model workplace policy, checklist for union reps, legal guidance, and member experiences.

<https://www.redschool.net/for-menopause>

Red School: They offer a range of online courses, workshops, and a blog aimed at teaching women how to harness the power of their menstrual cycle for greater wellbeing and personal development. They also have resources related to menopause.

<https://www.nice.org.uk/guidance/ng23>

NICE Guideline NG23 – Menopause: Identification and Management

This guideline from NICE offers evidence-based recommendations for recognising and treating menopause and premature ovarian insufficiency. It promotes personalised care, outlines the benefits and risks of hormone replacement therapy (HRT), and includes non-hormonal treatment options such as cognitive behavioural therapy (CBT). Updated in 2024, it reflects current evidence and extends guidance to trans men and non-binary people registered female at birth.

https://menopausesupport.co.uk/?page_id=13696

Diane Danzebrink's Menopause Support article offers a guide for partners of women experiencing menopause, emphasizing the importance of understanding and support during this life stage. The article highlights the physical and emotional changes associated with



menopause and provides practical advice on how partners can be supportive and navigate these changes within their relationship.

<https://www.queermenopause.com/resources>

Queer Menopause Resources offers a growing, inclusive collection of articles, podcasts, books, support groups, and research links tailored for LGBTQIA+ individuals navigating menopause. Curated by therapist Tania Glyde, it highlights underrepresented voices, gender-affirming care, and intersectional experiences across health, identity, and community.

<https://rockmy.com/get-informed/?ref=rmm>

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Disclaimer:

These resources are intended to support mental health and wellbeing, but they are not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis or feel at risk, please contact the Samaritans on 116 123 or call 999.