

Signposts for Next Steps

Trusted resources for menopause, mental health, work and relationships

If you would like to explore menopause further, find support or understand your options, the resources below offer a starting point. They include clinical guidance, specialist organisations, workplace advice and resources for exploring sex, intimacy and relationships.

You do not need to navigate menopause alone. Whether you are looking for reliable health information, support at work or help with changes in your relationships, there are places to turn.

1. General menopause information and support

NHS: Menopause and perimenopause

A clear introduction to menopause symptoms, what to expect and when to seek medical advice.

[Read the NHS menopause guidance](#)

NICE: Menopause — identification and management

Evidence-based guidance on menopause care, including HRT and menopause-specific cognitive behavioural therapy (CBT). This is a useful reference for understanding the recommendations that inform clinical care.

[Read the NICE guidance](#)

British Menopause Society (BMS)

The BMS provides clinical information, educational resources and guidance for healthcare professionals working in menopause care.

[Visit the British Menopause Society](#)

Women's Health Concern

The patient-facing arm of the British Menopause Society, Women's Health Concern provides information, factsheets and advice on menopause and wider women's health, including treatment options and sexual wellbeing.

[Visit Women's Health Concern](#)

[Browse menopause and women's health factsheets](#)

Find a menopause specialist

If you would like specialist advice, the BMS maintains a register of healthcare professionals with recognised menopause expertise. You can search for NHS and private services.

[Find a BMS-recognised menopause specialist](#)

Menopause Matters

A further source of menopause information, including articles on symptoms, treatment options and practical approaches to managing menopause.

[Visit Menopause Matters](#)

2. Further reading

Book: *The Complete Guide to the Menopause* by Dr Annice Mukherjee

Dr Annice Mukherjee combines her medical expertise as an endocrinologist with her personal experience of menopause following a breast cancer diagnosis. The book explores menopause symptoms, treatment choices, lifestyle, work and longer-term health.

It offers a more in-depth resource for readers who want to explore the subject beyond a short article. As with any health book, individual treatment decisions should be discussed with an appropriate healthcare professional.

[Read more about the book from its publisher, Penguin](#)

3. Menopause support in the workplace

Menopause symptoms can affect concentration, sleep, confidence and day-to-day working life. Understanding what support is available can help you have more informed conversations with your employer.

Acas: Managing menopause at work

Practical guidance for employees and employers on discussing menopause, making workplace adjustments and creating a more supportive working environment.

[Read the Acas guidance](#)

Women's Health Concern: Menopause in the workplace

Information about the impact of menopause at work, with further resources for employees and employers.

[Explore workplace menopause resources](#)

Menopause Workplace Pledge — Wellbeing of Women

This campaign encourages employers to recognise the impact of menopause, talk about it openly and take practical steps to support employees. Employees can also sign up to show their support and encourage change within their workplace.

[Learn about and sign the Menopause Workplace Pledge](#)

4. Sex, intimacy and relationships

Menopause can bring changes in sexual desire, comfort, confidence and intimacy. These experiences are common, but you do not have to accept ongoing discomfort or feel that you cannot talk about what is happening.

The Sexual Wellness Sessions podcast

Hosted by psychosexual and relationship therapist Kate Moyle, this podcast explores sex, intimacy, relationships and sexual wellbeing through conversations with a range of guests. It offers an accessible way to explore topics that can sometimes feel difficult to discuss.

[Listen to The Sexual Wellness Sessions on Apple Podcasts](#)

COSRT: College of Sexual and Relationship Therapists

COSRT is the professional body for psychosexual and relationship therapy. Its website can help you learn about therapy and find a suitably qualified practitioner if you would like support with sexual difficulties, intimacy or relationship concerns.

[Visit COSRT](#)

Institute of Psychosexual Medicine (IPM)

The IPM provides information about psychosexual medicine and a directory of trained practitioners who work with sexual difficulties, including the physical and emotional factors that may contribute to them. The directory includes information about NHS and private services and referral arrangements.

[Find an IPM specialist](#)

5. World Menopause Day 2026: Chronic pain at midlife

This year's World Menopause Day theme is **Chronic Pain at Midlife: From Recognition to Evidence-Based Care**.

The International Menopause Society provides resources to raise awareness of chronic pain during midlife, encourage better recognition and support evidence-informed care.

This year's focus is particularly relevant to the wider conversation about menopause, pain and mental health, including the importance of listening to women's experiences and ensuring that pain is appropriately assessed and treated.

The page includes awareness materials and resources for individuals, healthcare professionals and communities. Some resources and events may be added or updated during the campaign.

[Explore World Menopause Day 2026 resources](#)

A final reminder

These resources are intended to help you learn more, explore your options and find appropriate support. They are not a substitute for individual medical advice or psychological care.

If symptoms are affecting your physical health, mental wellbeing, work or relationships, consider speaking to your GP or another appropriately qualified healthcare professional. including your mental health team if you have one or in the case of an emergency or crisis call 999 or attend A&E. You deserve to have your concerns heard and to be supported in finding an approach that works for you.