



Living Well North Tyneside

Supporting Health and Wellbeing

It's worth talking to a GP if you have menopausal symptoms that are troubling you or if you're experiencing symptoms of the menopause before 45 years of age.

They can usually confirm whether you're menopausal based on your symptoms, but ablood test to measure your hormone levels may be carried out if you're under 45.

Information and Support

Here are some webpages offering support and advice:

[Rock My Menopause](#) - Menopause Information

NHS website: <https://www.nhs.uk/conditions/menopause/>

Age UK: [Six things to know about menopause](#)

Menopause Support: <https://menopausesupport.co.uk/> and their symptom checker

Miss Menopause: <https://www.missmenopause.co.uk/> blog and she offers a Facebook group you can join.

Women's Health Concern: <https://www.womens-health-concern.org/help-and-advice/factsheets/menopause/>

[Tyneside Women's Health](#)

[Balance Menopause Library](#)

[The Balance App](#) – available to install on Google Play and the App Store.

The British Menopause Society: [The BMS Menopause Toolkit](#)

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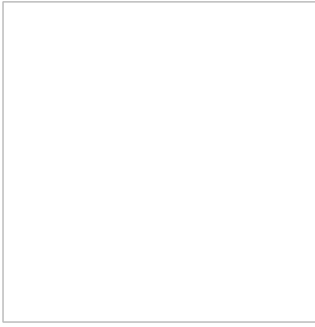
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<https://healthwatchnorthtyneside.co.uk/infoandadvice/menopause-support/>

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