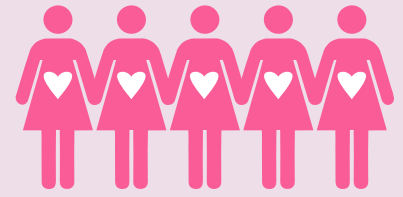


# WOMEN'S HEALTH RESOURCES



## Useful websites

### General menstrual health

[www.wearwhiteagain.co.uk/  
patient.info/sexual-health/vaginal-  
discharge-female-discharge](http://www.wearwhiteagain.co.uk/patient.info/sexual-health/vaginal-discharge-female-discharge)  
[www.wellbeingofwomen.org.uk/h  
ealth-information/](http://www.wellbeingofwomen.org.uk/health-information/)  
[helloclue.com/articles](http://helloclue.com/articles)

*Self-care*  
**IS EMPOWERMENT**

### Menstrual products

[www.freedom4girls.co.uk/](http://www.freedom4girls.co.uk/)

### Contraception

[www.contraceptionchoices.org/](http://www.contraceptionchoices.org/)

### Sexual Transmitted Infections

[www.nhs.uk/conditions/sexual  
ly-transmitted-infections-stis/](http://www.nhs.uk/conditions/sexually-transmitted-infections-stis/)

### Mental Health

[www.nhs.uk/mental-health/self-  
help/tips-and-  
support/mindfulness/](http://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/)

### PMS/PMDD

[www.pms.org.uk](http://www.pms.org.uk)

[www.mind.org.uk/information-  
support/types-of-mental-health-  
problems/premenstrual-  
dysphoric-disorder-pmdd/about-  
pmdd/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/premenstrual-dysphoric-disorder-pmdd/about-pmdd/)

### PCOS

[www.verity-pcos.org.uk/](http://www.verity-pcos.org.uk/)

### Menopause

[www.themenopausecharity.org](http://www.themenopausecharity.org)

## Useful APPS

mevpmdd

flo

squeezyapp

Perry - perimenopause

Clue

*Break  
the  
stigma*