



MENSTRUAL HEALTH

*Break
the
stigma*

Useful Websites

Covers a wide range of topics

www.leedsth.nhs.uk/patients/resources

www.helloclue.com

www.wellbeingofwomen.org.uk

Heavy Bleeding

www.wearwhiteagain.co.uk

Contraception

www.contraceptionchoices.org

Sexual Health

www.leedssexualhealth.com

[www.patient.info/sexual-](http://www.patient.info/sexual-health/vaginal-discharge-female-discharge)

[health/vaginal-discharge-female-](http://www.patient.info/sexual-health/vaginal-discharge-female-discharge)
[discharge](http://www.patient.info/sexual-health/vaginal-discharge-female-discharge)

Self-care
IS EMPOWERMENT

Useful Apps

CLUE

FLO

PERRY-
PERIMENOPAUSE

MEVPMDD

SQUEEZY APP

www.nhs.uk/nhs-services/mental-health-services

www.bhrprimarycarenetwork.co.uk/services/

Menstrual products

www.freedom4girls.co.uk

Fertility & Pregnancy

www.tommys.org

PMS/PMDD

www.pms.org.uk

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

PCOS

www.verity-pcos.org.uk

www.pcosrelief.org

Endometriosis

www.endometriosis-uk.org

www.theendometriosisfoundation.org

Menopause

www.themenopausecharity.org

www.mymenopausecentre.com

www.menopausesupport.co.uk

Mental Health