

MENOPAUSE TOOLKIT



WELLBEING
FIRST AID

— MENTAL HEALTH TRAINING —

Tools, Support & Resources for Your Menopause Journey

Shows To Watch



Davina McCall: [Sex, Mind and the Menopause \(Channel 4\)](#)

Davina McCall: [Sex, Myths and the Menopause \(Channel 4\)](#)

Books To Read



Menopausal
Davina McCall



Perimenopause
Power
Maisie Hill



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Podcast:
[The Dr Louise Newson Podcast](#)



[The Balance App](#)

Self-Care & Mindfulness

Menopause Relief Playlist:
[Calming Binaural Beats](#)

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Clinics & Support Services



[The Menopause Medic](#)

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[NICE Guidelines on HRT](#)

*last updated 15 April 2026