

Women's Health 2024

Women's Health Plan

The Women's Health Plan aims to improve health outcomes and health services for all women and girls in Scotland. The plan underpins actions to improve women's health inequalities by raising awareness around women's health, improving access to health care and reducing inequalities in health outcomes for girls and women, both for sex-specific conditions and in women's general health.

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Women's Health Plan
A plan for 2021-2024



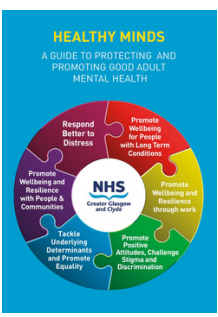
Scottish Government
Riaghaidh na h-Alba
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Heather Sloan, Health Improvement Lead (Mental Health):

“For too long women's health through their life stages have been downplayed and this plan has empowered women to speak out and accept nothing less than they deserve. The women's health plan is a celebration of women's voices being heard re the disparities in health care and opportunities to promote overall good health; whilst reducing stigma and challenging the old rhetoric of 'women's problems' at the core”.

Learning

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Menopause and Mental Health Health Minds Session (number 17): can be used by anyone to raise awareness of the impact that menopause can have on mental health. The session comes with a powerpoint presentation, facilitators notes, a supporting resources handout and is adaptable to suit the needs of audiences and time available. The session is also available in Arabic, Mandarin, Polish, Romanian and Urdu.



Two modules available via TURAS; **Understanding Maternal Mental Health** (1.5hrs) and **Maternal Mental Health: the woman's journey** (2.5hrs). Type module name in search function to locate. You will need to register with TURAS Learn, anyone with an email address, no matter what their location or role is, can register free of charge.



HEARTE15: Women's Heart Health eLearning resource. A free online module is to provide an educational resource with a specific focus on women's heart health. Aimed at both health care professionals and those with lived experience audiences.

Resources and Supports

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The Women's Health Platform sets out information on women's health at key stages of life, from puberty to later years. While this Platform uses the term Women's Health, not only those who identify as women require access to women's health and reproductive services.



NHSGGS Women's Health: hosts and signposts to information and resources on Menstrual Health, Menopause, Polycystic Ovary Syndrome, Endometriosis and Heart health.



The Sandyford is the specialist sexual health service for Greater Glasgow and Clyde area. They offer a range We offer a wide range of sexual and reproductive clinics including; STI Testing, Contraception, Emergency Contraception, Abortion, Sexual Assault and Rape, Gynaecology and more.



Endometriosis UK is a charity providing vital support services, reliable information and a community for those affected by endometriosis. Download their new pain management for endometriosis leaflet [here](#).



The Menopause Charity: a useful website providing evidence based information and advice on all things menopause.



Chest, Heart and Stroke Scotland: provides information on women's heart health. Translations available in Urdu and Punjabi.



Mind to Mind: Shares practical advice across a range of topics such as dealing with feeling 5 ways to better mental wellbeing guide. Small things you can do to help improve your mental wellbeing. anxious, stressed, or low, how to improve sleep and moving through grief.

APPS

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Helps find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions but also materials to help manage them.



For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.

Helplines, Webchats and Online Supports

Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub. If the you feel the individual is in immediate danger call **999**.



Breathing Space

Open up when you're feeling down

For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.

Samaritans: Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.



Whether you've just been diagnosed, have questions about treatment options or would just like someone to talk to, you call our free confidential endometriosis Helpline on **0808 808 2227**. Check [website](#) for times. If helpline is not open, [webchat](#) available.



PANDAS offer a variety of different support services to support parents affected by perinatal mental health illness. **What'sAPP** free service, message **07903 508334**, available every day from 8am – 10pm. **Bookable Call Back Service:** visit [here](#) to select a suitable time and a trained PANDAS volunteers will call you to give you the help and support that you need. **Email:** supportme@pandasfoundation.org.uk if you'd like more information on perinatal mental illness, or are looking for support for yourself or your partner, friend or colleague.



Helpline **0800 027 1234** is available 24 hours, 365 days of the year. We work with our partners to tackle a range of issues, including domestic abuse, prostitution, human trafficking, forced marriage, FGM (female genital mutilation) and rape and sexual assault. or more information visit our [website](#).

Rape Crisis Scotland: Helpline: 08088 01 03 02 or Get in touch any day between 5pm – midnight or **Text: 07537 410 027**.

Email: support@rapecrisisscotland.org.uk or **Webchat:** www.rapecrisisscotland.org.uk



Amina's Helpline: provide a listening ear and signposting services for Muslim women across Scotland. Call free on **0808 801 0301** Mon-Fri 10am-4pm.

LGBT Helpline Scotland: Provide information and emotional support to LGBT+ people, their families and friends. Call free **0800 464 7000** Tuesdays, Wednesdays & Thursdays (12-9pm) & Sundays (1-6pm).



Reading



The Lancet 2024 Series on menopause argues for a new approach supporting and empowering women transitioning this life stage.

Explore key messages of the Series in the infographic, click on image on the left to download or [read the papers in full](#) for more information.