

Below are some resources which cover women's health across different life stages:



Cervical screening

Every day two women lose their life to cervical cancer. It's one of the most preventable cancers, and therefore important to attend your screening appointments when they are offered. The NHS have created a [video](#) which takes you through some common questions as well as what happens during a screening appointment.

**Cervical screening
video link**

Further support

[NHS website](#)
[Jo's Cervical Cancer Trust](#)
[Macmillan Cancer Support](#)



Postnatal depression

This type of depression affects more than 1 in every 10 women within a year of giving birth. It can also affect fathers and partners. To help raise awareness the NHS interviewed a mother who experienced postnatal depression. The [interview](#) covers her day-to-day struggles and the psychological impact it had.

**Postnatal depression
video link**

Further support

[Mind](#)
[PANDAS Foundation](#)
[Tommy's Pregnancy Charity](#)



Menopause

The menopause is a natural part of a woman's life. The average age a woman experiences menopause is 51 in the UK, but it can actually affect women across different ages. Download our [leaflet](#) to learn more about symptoms and ways to manage the psychological and physiological changes.

**Menopause
leaflet download**

Further support

[Manage My Menopause](#)
[Menopause Matters](#)
[Women's Health Concern](#)