



Referral Information

Free Menstrual Cycle Support on social prescription

Welcome to Menstrual Cycle Support

You have been referred to our clinically-backed online Menstrual Cycle Support Course & Community. Welcome!

How do I sign up to the Menstrual Cycle Support Course & Community?

You can sign yourself up to the Menstrual Cycle Support Course by going to www.menstrualcyclesupport.com/course

How long does the course take?

The course takes up to 60 minutes (broken up into 10 minute chunks). You can come back to the course anytime, as and when you need support (we recommend you take it over 2-3 cycles for best results). It is CPD accredited so you may be able to take the course at work - please check with your employer.

Is this course for me?

The course is designed for anyone suffering with their menstrual cycle, including those experiencing perimenopause.

What support will I receive?

A multimedia access-any-time online course & community to help you to better understand, chart and come into a more positive relationship with your menstrual cycle, every day (regardless of period problems).

For further assistance

Please speak to your social prescriber (or the person who referred you) if you need further assistance accessing the course & community.