

# Supporting Women's Health

There's lots of advice and information available:

**Cancer Research UK** - [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Diabetes UK** - [www.diabetes.org.uk](http://www.diabetes.org.uk)

**British Heart Foundation** -  
[www.bhf.org.uk/informationsupport/risk-factors](http://www.bhf.org.uk/informationsupport/risk-factors)

**Mental Health** - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**NHS** - [www.nhs.uk/women](http://www.nhs.uk/women). Information and support on how to live healthily.