

# Jean Hailes Consumer Resource Catalogue

# About us

## About Jean Hailes for Women's Health

Jean Hailes for Women's Health is a leader in women's health. We are a national not-for-profit organisation dedicated to improving women's knowledge of health. We do this by providing clinical care and evidence-based health information to women, girls and gender-diverse people, and the health professionals who care for them.

Jean Hailes for Women's Health gratefully acknowledges the support of the Australian Government.



## About this document

This document is a catalogue of free resources available from Jean Hailes for Women's Health. The resources focus on the women's health topics of anxiety, endometriosis, health checks, menopause, pelvic pain, polycystic ovary syndrome (PCOS), periods, and the vulva, vagina and ovaries.

This document also includes translated health information for women from Jean Hailes. This is our current suite of translated resources, but we are willing and able to create new resources. Please contact [education@jeanhailes.org.au](mailto:education@jeanhailes.org.au) if you would like to discuss further.

Each resource in this document includes general information about the resource, a link to find the resource on the Jean Hailes website, copy for social media or print publications, and tiles to promote the resource.

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# Health resources for women

# Anxiety

Resources available: web content, fact sheets and podcasts.



**Anxiety pages on the Jean Hailes website:**

[www.jeanhailes.org.au/health-a-z/mental-emotional-health/anxiety](http://www.jeanhailes.org.au/health-a-z/mental-emotional-health/anxiety)

**Mental & emotional health fact sheet:**

[www.jeanhailes.org.au/resources/mental-emotional-health-fact-sheet](http://www.jeanhailes.org.au/resources/mental-emotional-health-fact-sheet)

**Staying well as you age fact sheet:**

[www.jeanhailes.org.au/resources/staying-well-as-you-age-fact-sheets](http://www.jeanhailes.org.au/resources/staying-well-as-you-age-fact-sheets)

**Podcasts:**

[www.jeanhailes.org.au/news/a-new-podcast-series-for-womens-health-week-2021](http://www.jeanhailes.org.au/news/a-new-podcast-series-for-womens-health-week-2021)

# Endometriosis

Resources available: webpages, fact sheets and booklet.



Endometriosis pages on the Jean Hailes website:  
[www.jeanhailes.org.au/health-a-z/endometriosis](http://www.jeanhailes.org.au/health-a-z/endometriosis)

Endometriosis fact sheet:  
[www.jeanhailes.org.au/resources/endometriosis-fact-sheet](http://www.jeanhailes.org.au/resources/endometriosis-fact-sheet)

Supporting women with endometriosis fact sheet:  
[www.jeanhailes.org.au/resources/supporting-women-with-endometriosis-fact-sheet](http://www.jeanhailes.org.au/resources/supporting-women-with-endometriosis-fact-sheet)

Understanding endometriosis booklet:  
[www.jeanhailes.org.au/resources/understanding-endometriosis](http://www.jeanhailes.org.au/resources/understanding-endometriosis)

# Health checks

Resources available: webpages, fact sheets and booklet.



Health checks pages on the Jean Hailes website:  
[www.jeanhailes.org.au/health-a-z/health-checks](http://www.jeanhailes.org.au/health-a-z/health-checks)

Health checks fact sheet:  
[www.jeanhailes.org.au/resources/health-checks-fact-sheet](http://www.jeanhailes.org.au/resources/health-checks-fact-sheet)

Cervical Screening Test fact sheet:  
<https://www.jeanhailes.org.au/resources/cervical-screening-test-fact-sheet>

My Health First booklet:  
<https://www.jeanhailes.org.au/resources/my-health-first-booklet>



# Menopause

Resources available: webpages, fact sheets, booklets and videos.



Menopause pages on the Jean Hailes website:  
[www.jeanhailes.org.au/health-a-z/menopause](http://www.jeanhailes.org.au/health-a-z/menopause)

Menopause fact sheet:  
[www.jeanhailes.org.au/resources/menopause-fact-sheet](http://www.jeanhailes.org.au/resources/menopause-fact-sheet)

Supporting women through menopause fact sheet:  
[www.jeanhailes.org.au/resources/supporting-women-through-menopause](http://www.jeanhailes.org.au/resources/supporting-women-through-menopause)

Perimenopause fact sheet:  
[www.jeanhailes.org.au/resources/perimenopause-fact-sheet](http://www.jeanhailes.org.au/resources/perimenopause-fact-sheet)

Premature & early menopause fact sheet:  
[www.jeanhailes.org.au/resources/premature-early-menopause-fact-sheet](http://www.jeanhailes.org.au/resources/premature-early-menopause-fact-sheet)



**Understanding menopause booklet:**

[www.jeanhailes.org.au/resources/understanding-menopause-booklet](http://www.jeanhailes.org.au/resources/understanding-menopause-booklet)

**Understanding premature & early menopause booklet:**

[www.jeanhailes.org.au/resources/understanding-premature-early-menopause](http://www.jeanhailes.org.au/resources/understanding-premature-early-menopause)

**What is the menopause? video:**

[www.jeanhailes.org.au/resources/what-is-the-menopause](http://www.jeanhailes.org.au/resources/what-is-the-menopause)

**How to stay healthy after menopause video:**

[www.jeanhailes.org.au/resources/how-to-stay-healthy-after-menopause](http://www.jeanhailes.org.au/resources/how-to-stay-healthy-after-menopause)

# Pelvic pain

Resources available: webpages and fact sheet.



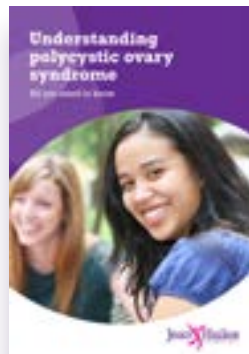
Sleep and persistent pelvic pain (PPP) fact sheet:  
[www.jeanhailes.org.au/resources/sleep-and-persistent-pelvic-pain-fact-sheet](http://www.jeanhailes.org.au/resources/sleep-and-persistent-pelvic-pain-fact-sheet)

Pelvic pain – a collection of helpful resources:  
[www.jeanhailes.org.au/resources/pelvic-pain-a-collection-of-helpful-resources](http://www.jeanhailes.org.au/resources/pelvic-pain-a-collection-of-helpful-resources)

Pelvic pain: know the different causes and when to seek help article:  
[www.jeanhailes.org.au/news/pelvic-pain-know-the-differences-and-when-to-seek-help](http://www.jeanhailes.org.au/news/pelvic-pain-know-the-differences-and-when-to-seek-help)

# Polycystic ovary syndrome (PCOS)

Resources available: webpages, fact sheet and booklet.



PCOS pages on the Jean Hailes website:

[www.jeanhailes.org.au/health-a-z/pcos](http://www.jeanhailes.org.au/health-a-z/pcos)

Polycystic ovary syndrome (PCOS) fact sheet:

[www.jeanhailes.org.au/resources/pcos-fact-sheet](http://www.jeanhailes.org.au/resources/pcos-fact-sheet)

Understanding polycystic ovary syndrome:

All you need to know booklet:

[www.jeanhailes.org.au/resources/understanding-pcos](http://www.jeanhailes.org.au/resources/understanding-pcos)

# Periods

Resources available: webpages, booklets, fact sheets and videos.



**Periods pages on the Jean Hailes website:**

[www.jeanhailes.org.au/health-a-z/periods](http://www.jeanhailes.org.au/health-a-z/periods)

**Periods fact sheet:**

[www.jeanhailes.org.au/resources/periods-fact-sheet](http://www.jeanhailes.org.au/resources/periods-fact-sheet)

**Heavy menstrual bleeding fact sheet:**

[www.jeanhailes.org.au/resources/heavy-menstrual-bleeding-fact-sheet](http://www.jeanhailes.org.au/resources/heavy-menstrual-bleeding-fact-sheet)

**Period pain & symptom diary:**

[www.jeanhailes.org.au/resources/period-pain-symptom-diary](http://www.jeanhailes.org.au/resources/period-pain-symptom-diary)

**My period - what's normal?:**

[www.jeanhailes.org.au/resources/my-period-whats-normal](http://www.jeanhailes.org.au/resources/my-period-whats-normal)

**Heavy periods: what you need to know - video:**

[www.jeanhailes.org.au/resources/heavy-periods-what-you-need-to-know](http://www.jeanhailes.org.au/resources/heavy-periods-what-you-need-to-know)

**All you need to know about periods video:**

[www.jeanhailes.org.au/resources/all-you-need-to-know-about-periods](http://www.jeanhailes.org.au/resources/all-you-need-to-know-about-periods)

**Menstrual clock animation:**

[www.jeanhailes.org.au/resources/menstrual-clock](http://www.jeanhailes.org.au/resources/menstrual-clock)

# Vulva, vagina, ovaries and uterus

Resources available: webpages, fact sheets and booklet.



**Vulva, vagina, ovaries & uterus pages on the Jean Hailes website:**

[www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus](http://www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus)

**Vulva pain webpage:**

[www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus/vulva-pain](http://www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus/vulva-pain)

**Vulval & vaginal conditions webpages:**

[www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus/vulval-vaginal-conditions](http://www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus/vulval-vaginal-conditions)

**Uterus, cervix & ovaries fact sheet:**

[www.jeanhailes.org.au/resources/uterus-cervix-ovaries-fact-sheet](http://www.jeanhailes.org.au/resources/uterus-cervix-ovaries-fact-sheet)

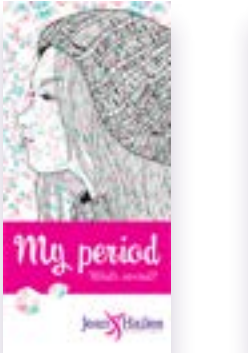
**The vulva & vagina fact sheet:**

[www.jeanhailes.org.au/resources/vulva-vagina-fact-sheet](http://www.jeanhailes.org.au/resources/vulva-vagina-fact-sheet)

**The vulva: irritation, diagnosis & treatment booklet:**

[www.jeanhailes.org.au/resources/the-vulva-irritation-diagnosis-treatment](http://www.jeanhailes.org.au/resources/the-vulva-irritation-diagnosis-treatment)

# Printed resources available for free



# Translated health information for women



# 'My Body. My Health.' – a health education toolkit

**Languages available:** Arabic, Burmese, Chinese (Simplified), Dari, plain English, Hindi, Karen, Nuer, Swahili and Thai.

'My Body. My Health.' is a series of five educational presentations to help organisations deliver health information to women from migrant and refugee backgrounds.

The presentations are available as PowerPoint presentations. Limited hard copies are available for organisations working with migrant and refugee women.

The presentations were developed with the Centre for Culture, Ethnicity and Health, with input from service providers, clinicians, women from migrant and refugee communities, and multicultural health organisations.

The toolkit is written in plain English and guided by health literacy principles, making it practical, and easy to understand and use. It is specifically designed for women who don't know the Australian healthcare system and struggle to make informed decisions about their health.

The presentations can be delivered by health professionals, educators, social workers or community leaders. They encourage conversations with women about good health.



**Link to the toolkit on the Jean Hailes website:**  
[www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit](http://www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit)

## Promotional copy for print or social media

### Example 1

The Jean Hailes 'My Body. My Health.' educational toolkit is now available in [insert language]. Designed for health professionals to support migrant communities, the toolkit is available in print and online by visiting:

[www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit](http://www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit)

### Example 2

'My Body. My Health.' is an educational toolkit aimed at helping migrant and refugee women learn about their healthcare needs. The toolkit is available in plain English, Arabic, Burmese, Chinese (Simplified), Dari, Hindi, Karen, Nuer, Swahili and Thai. It can be used by health professionals, educators and organisations that support migrant communities.

Find out more:

[www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit](http://www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit)

## Social media tile

The following social media tiles have been provided for your use. Tags and handles have been provided at the end of this document.

### Example post

@JeanHailes' 'My Body. My Health' is now available in **[insert language]**. Designed for health professionals to support migrant women, the education toolkit is now available online and in print:

[www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit](http://www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit)



My Body. My Health.  
Education toolkit now available in Burmese



My Body. My Health.  
Education toolkit now available in Nuer

# Heavy periods animation

Languages available: Arabic, Dari, English, Hindi, Mandarin and Vietnamese.

Heavy periods, also known as heavy menstrual bleeding, affect around one in five women of child-bearing age. This video provides women with an understanding of heavy menstrual bleeding symptoms and when they should contact a health professional for help. It is the most-watched video on the Jean Hailes website.



**Link to the videos on the Jean Hailes website:**  
[www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos](http://www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos)

## Promotional copy for print or social media

### Example 1

Heavy periods, also known as heavy menstrual bleeding, affect around one in five women of child-bearing age. Our animated video about heavy periods is available in six languages – English, Arabic, Dari, Hindi, Mandarin and Vietnamese. For more information on heavy periods, visit: [www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding](http://www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding)

### Example 2

Heavy periods affect around one in five women of child-bearing age. Find out more in this short animation, now translated into **[insert language]**. @JeanHailes Visit: [www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos](http://www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos)

## Social media tile

The following social media tiles have been provided for your use. Tags and handles have been provided at the end of this document.

### Example post

Heavy periods affect around one in five women of child-bearing age. Find out more in this short @JeanHailes animation, now translated into [insert language].

[www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos](http://www.jeanhailes.org.au/health-a-z/periods/heavy-bleeding/translated-videos)



Heavy menstrual bleeding  
Video now available in  
Vietnamese



Heavy menstrual bleeding  
Video now available in Dari

# Introduction: Multilingual fact sheets

Jean Hailes' fact sheets provide women with a simple, evidence-based overview of endometriosis, menopause, polycystic ovary syndrome (PCOS) and healthy ageing. The fact sheets include important information on causes, symptoms, diagnosis, and helpful advice on what women can do to improve their health.



**Link to Endometriosis fact sheet:**

[www.jeanhailes.org.au/resources/endometriosis-multilingual-fact-sheets](http://www.jeanhailes.org.au/resources/endometriosis-multilingual-fact-sheets)

**Link to Menopause fact sheet:**

[www.jeanhailes.org.au/resources/menopause-multilingual-fact-sheets](http://www.jeanhailes.org.au/resources/menopause-multilingual-fact-sheets)

**Link to Polycystic ovary syndrome (PCOS) fact sheet:**

[www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets](http://www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets)

**Link to 'Staying well as you age' fact sheet:**

<https://www.jeanhailes.org.au/resources/staying-well-as-you-age-fact-sheets>

# Endometriosis fact sheet

Languages available: Arabic, Chinese (Simplified), Dari, Farsi, Hindi, Sinhala, Tamil and Vietnamese.

## Promotional copy for print or social media

Endometriosis means the tissue that normally lines the uterus (or womb) grows in other parts of the body. It affects one in 10 women during the years they have their periods. Learn more in this fact sheet:

[www.jeanhailes.org.au/resources/endometriosis-multilingual-fact-sheets](http://www.jeanhailes.org.au/resources/endometriosis-multilingual-fact-sheets)



Endometriosis  
Video now available in  
Simplified Chinese



Endometriosis  
Fact sheet now available in Hindi



# Menopause fact sheet

Languages available: Arabic, Chinese (Simplified), plain English, Farsi, Greek, Hindi, Italian, Turkish and Vietnamese.

## Promotional copy for print or social media

Menopause means your final menstrual period. You will only know you have had your final period if you have had no bleeding, spotting or staining for 12 months. Learn more about menopause in this fact sheet:

[www.jeanhailes.org.au/resources/menopause-multilingual-fact-sheets](http://www.jeanhailes.org.au/resources/menopause-multilingual-fact-sheets)



Menopause  
Fact sheet now available in Farsi



Menopause  
Fact sheet now available in  
Vietnamese

# Polycystic ovary syndrome (PCOS) fact sheet

Languages available: Arabic, Chinese (Simplified), Dari, plain English, Farsi, Hindi, Sinhala, Tamil and Vietnamese.

## Promotional copy for print or social media

Polycystic ovary syndrome (PCOS) is a hormone imbalance in women. It affects about one in 10 women and usually affects women any time from puberty until around menopause. Learn more in this fact sheet:

[www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets](http://www.jeanhailes.org.au/resources/pcos-multilingual-fact-sheets)



Polycystic ovary syndrome (PCOS)  
Fact sheet now available in Hindi



Polycystic ovary syndrome (PCOS)  
Fact sheet now available in Arabic

# 'Staying well as you age' fact sheet

Languages available: Arabic, Chinese (Simplified), Chinese (Traditional), Croatian, plain English, Greek, Italian, Korean, Macedonian, Spanish and Vietnamese.

## Promotional copy for print or social media

To enjoy life in older age, it is important for you to care for the health of your mind and body. There are many things you can do for your mental health that will help you feel good. Find out more in this fact sheet: [\[specific language fact sheet link\]](#)

The Jean Hailes 'Staying well as you age' fact sheet is now available in [\[insert language\]](#) by visiting:

[www.jeanhailes.org.au/resources/staying-well-as-you-age-fact-sheets](http://www.jeanhailes.org.au/resources/staying-well-as-you-age-fact-sheets)



Staying well as you age  
Fact sheet now available in Arabic



Staying well as you age  
Fact sheet now available in  
Simplified Chinese

# Links and resources

For more information on Jean Hailes and women's health please visit:

[www.jeanhailes.org.au](http://www.jeanhailes.org.au)

For a list of all our multilingual resources visit:

[www.jeanhailes.org.au/resources?audience=Multilingual](http://www.jeanhailes.org.au/resources?audience=Multilingual)

Subscribe to Jean Hailes email newsletters:

[www.jeanhailes.org.au/subscribe](http://www.jeanhailes.org.au/subscribe)

To contact Jean Hailes, please email:

[education@jeanhailes.org.au](mailto:education@jeanhailes.org.au)

For all social media posts please use the following tags and handles:



**Instagram**

Username: @jeanhailes

[www.instagram.com/jeanhailes](http://www.instagram.com/jeanhailes)



**Facebook**

Page name: Jean Hailes for Women's Health

[www.facebook.com/JeanHailesforWomensHealth](http://www.facebook.com/JeanHailesforWomensHealth)



**Twitter**

Username: @JeanHailes

[www.twitter.com/JeanHailes](http://www.twitter.com/JeanHailes)



**LinkedIn**

Page name: Jean Hailes for Women's Health

[au.linkedin.com/company/the-jean-hailes-foundation](http://au.linkedin.com/company/the-jean-hailes-foundation)



**YouTube**

Username: Jean Hailes

[www.youtube.com/c/JeanHailesforWomensHealth](http://www.youtube.com/c/JeanHailesforWomensHealth)