## **DATE**: **TUESDAY 18 JUNE** 2024 TIME: 12:30 -

1:30PM

# What does PMDD mean? FREE WEBINAR Women's Health Tasmania

Welcome! The webinar will start soon

## Some PMDD Links and Resources

- International Association for Premenstrual Disorders (IAPMD) <u>iapmd.org</u>
- Vicious Cycle: Making PMDD Visible grassroots <u>website</u>
- Jean Hailes information on PMDD link
- Queensland Health information on PMDD link
- ABC News local article

#### Free apps

- Daylio mood diary and happiness tracker <a href="https://daylio.net">https://daylio.net</a>
- Flo ovulation calendar and period tracker <a href="https://flo.health">https://flo.health</a>
- Stardust period tracker <u>https://stardust.app</u>

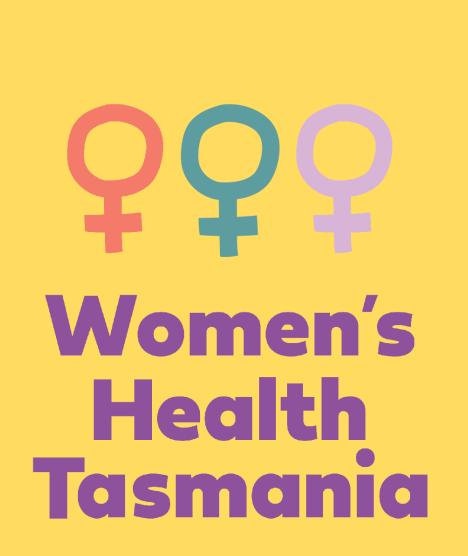
### Paid app

Moody Month – combines mood and period tracking <a href="https://moodymonth.com">https://moodymonth.com</a>

#### Book (to learn more about your body and your cycle)

• The Sex Ed You Never Had by Chantelle Otten







www.pregnancychoicestas.org.au

Women's Health Tasmania

Online classes with Women's Tasmania

whtasmania

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