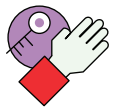


Supporting menstrual health

Restricting access to items required to support menstrual health could be a blanket restriction. This is where a rule is applied to a person without individual risk assessment, impacting privacy and dignity.



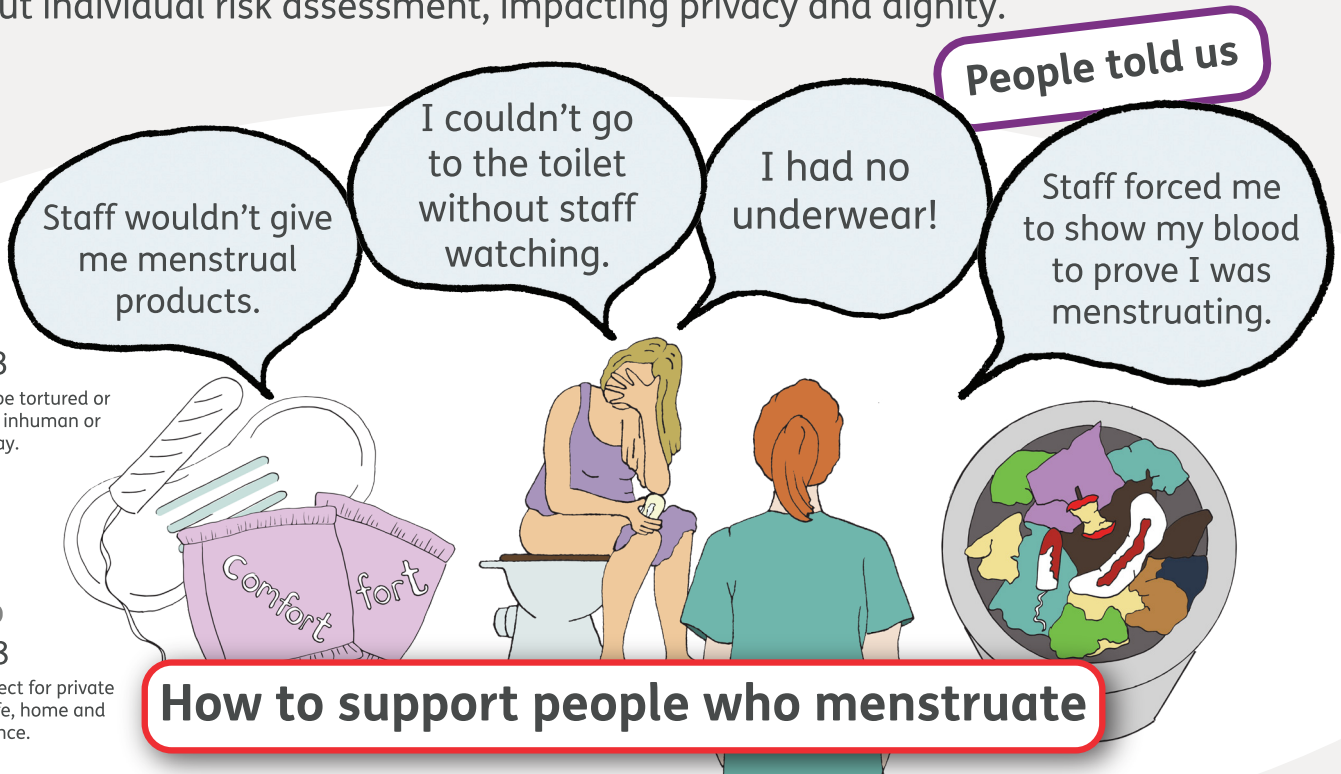
Article 3

Right not to be tortured or treated in an inhuman or degrading way.



Article 8

Right to respect for private and family life, home and correspondence.



People told us

Staff wouldn't give me menstrual products.

I couldn't go to the toilet without staff watching.

I had no underwear!

Staff forced me to show my blood to prove I was menstruating.

How to support people who menstruate

Ensure people are provided with, and have easy access to, menstrual products as well as hygiene items, hot water bottles (or alternatives), medications, bins, and access to toilets/hygiene facilities.

Discuss menstrual health as part of physical health. For example, access to medications or referrals to specialist services as required.

Ensure people are informed of and supported to monitor menstruation, including side effects when taking medications.

Challenge menstrual stigma. Consider if observations, such as those that occur in the bathroom/shower while changing, are necessary.

Consider menstrual and mental health. People might struggle with menstruation or experience an exacerbation of distress related to their menstrual cycle and need practical/emotional support.

THINK

How do **rules** impact a person's menstrual health?
What are the **reasons** for the restriction?
Are a person's **rights** being breached?
How often should I **review** the restriction?

For more information, please see:
Guidelines for services: menstrual health in psychiatric inpatient settings <https://bit.ly/3R23Vww> or click on the QR code.

