

MENSTRUAL HEALTH RESOURCES

in partnership with **MATTRESSFIRM**[®]
“Helping people sleep well to live well.”

CLICK A LINK BELOW TO VISIT

- [Destigmatize Menstruation with Early Education](#)
- Girls Inc. National
- [5 Things to Know About Menstrual Equity and Period Poverty](#) - Girls Inc. National
- [Alliance for Period Supplies](#)
Find out if agencies in your area provide period supplies
- [A Girls Guide to Puberty and Periods Book and Web Resources](#)
- [Menstrual Health Literacy](#) - NPR

girls
inc.

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