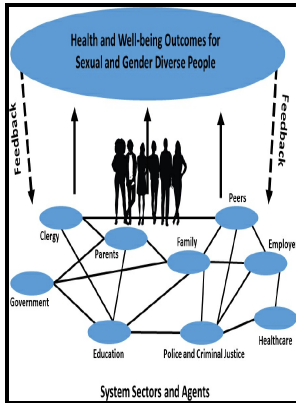


# Good for you - a handbook on lesbian health and wellbeing

Cassell - Lesbian, Gay, Bisexual, and Transgender Health



Description: -

- Lesbians -- Mental health.

Lesbians -- Health and hygiene. Good for you - a handbook on lesbian health and wellbeing

- Good for you - a handbook on lesbian health and wellbeing

Notes: Includes bibliographical references (p. 224-236) and index.

This edition was published in 1997



Filesize: 59.41 MB

Tags: #Family #Relationships #and #Well

## Health issues for lesbians and women who have sex with women

Tamsin died suddenly, of an aneurism. Mothers are also more likely to blame themselves for poor parent—child relationship quality, contributing to greater distress for women.

## Be Good to Yourself

During this challenging time of COVID-19 your school building may be closed but your school has structures in place to support you. They treat depression, anxiety, loss, grief, trauma, relationship problems, and many other conditions.

## Matt & Andrej Koymasky

Does the school have a confidential employee assistance programme and do staff know how to access it? Consider these well-being tips to help reduce your anxiety, boost your mood, and tend to your needs morning, noon, and night.

## Family Relationships and Well

Journal of Marriage and Family, 72, 743—761. The psychological well-being of grandparents who provide supplementary grandchild care: A systematic review. Get in touch by or call 01636 704 620.

## Supporting staff wellbeing : Mentally Healthy Schools

Evidence shows that same-sex cohabiting couples report worse health than different-sex married couples ; , but same-sex married couples are often not significantly different from or are even better off than different-sex married couples in other outcomes such as alcohol use and care from their partner during periods of illness. The National Women's Health Information Center. Identify a small number of specific goals each day.

## **Health and wellbeing resources**

Widowhood, gender, and depression: A longitudinal analysis. It features a series of breathing and visualisation techniques.

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## Related Books

- [Case of the second chance.](#)
- [Manual of election law - a compilation of the statutory provisions governing elections to Parliament](#)
- [Numedal](#)
- [Problems in price control: National office organization and management](#)
- [Yā'āt al-hulm al-hārib](#)