

Mental Health & The Menopause

Overview

- What is the menopause?
- The statistics
- The impact of menopause on mental health
- What to look out for?
- Supports
- Looking after yourself

What is the menopause?

“Menopause is when a woman stops having periods. Menopause means the last menstrual period”

Statistics

- 1 in 100 women reach the menopause before the age of 40
- 1 in 1000 women under 30 experience menopausal symptoms
- 38% of partners say they feel helpless when it comes to supporting their partner through the menopause

Statistics

- 45% of women say they feel their menopause symptoms have had a negative impact on their work
- 90% of women say their workplace doesn't offer any help to menopausal women
- 23% women say they feel more isolated

How can menopause impact on mental health ?

- Anxiety
- Depression
- Irritability
- Lack of sleep
- Lethargy
- Loneliness/Isolation
- Loss of confidence
- Loss of self-esteem
- Low Mood
- Mood swings
- Panic attacks
- Poor concentration
- Relationship conflict
- Stress

What to look out for?

- Withdrawn
- Feeling very low over a period of time
- Changes in personality
- Physical appearance
- Work absences
- Lack of interest in things they used to enjoy
- Changes in sleeping habits
- Social isolation
- Forgetfulness

How can we support?

Individual

- Talking
- Listening
- Peer support
- Signposting

Society

- Work place policies
- World Menopause Day
- Promote and display accessible information across different settings
- Be inclusive

Supports

Self Help

- Menopause Cafes
- Sleep hygiene
- Online forums/information
- Helplines

Services

- Doctor
- Counselling
- Relationship Support Services
- Sandyford Services

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....