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

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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

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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- Withdrawn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

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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…….

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