



# Struggling with menopause?

If you're struggling to cope with the physical and psychological symptoms of menopause, or you're just looking for support, CareFirst's Menopause Mentors are here to help you.

CareFirst also offers a range of wellbeing services to support your emotional health, both at work and home.

**Plus you can access a team of professional counsellors 24 hours a day.**

**8/10**

**Menopausal women  
are in work\***

**10%**

**Will leave work due  
to menopause\***

\*According to recent research

Visit: [www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk) to view our articles on health and well-being, or call **0808 168 2143** for in the moment support.