

Care first

Part of **PRIORY**



# Managing your Menopause

## Care first Menopause Support Service

Recent research shows that around 8/10 menopausal women are in work, while more than 10% of women polled had left work due to menopause symptoms.\*

Individuals can find talking about their menopausal symptoms embarrassing and struggle to cope physically, mentally, and emotionally during this phase of life. Many brush off the feelings of anxiety and fatigue and just try to 'get on with it'.

Some simply don't understand what is happening to them which can be very frightening. By keeping

quiet, menopause can take its toll on relationships, careers, and an individual's mental health.

On occasions, the impact on them is so great that people go through relationship break-ups or leave careers due to stigma, lack of education and not feeling supported or able to talk about it.

Care first want to break that cycle and remove the taboos, myths, and misinformation around menopause.

Certified Menopause Mentors believe in the importance of

everyone having access to comprehensive support when going through hormonal changes, whether it's naturally occurring or brought on by medical interventions. Information and education are vital, not only for long-term physical wellbeing but also for mental wellbeing!

Whether you are experiencing Perimenopause, Menopause, or Andropause yourself, or supporting someone close to you, a Menopause Mentor can guide you.

Following an assessment on Care first's helpline, individuals can opt to work with a Menopause Mentor or a Menopause-confident Counsellor who will help them to identify and understand both their physical and psychological signs and symptoms. They will help you to make sense of your stage of menopause and create a tailored plan to support you in your personal and professional life, to enable you to continue to be your best self!

**Let the Menopause Mentors put you back in control and help you Manage your Menopause!**

**Care first's Menopause Service provides the following:-  
Corporate Menopause Awareness Training for Staff and Managers**

**Group Support Sessions**

**Menopause Network Set-up Support**

**One-to-one support via your Employee Assistance Programme**

**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.