

Menopause & Mental Health Toolkit

Menopause happens to every woman.

The change happens between 35-55, with seven out of ten women experiencing debilitating symptoms and, more often than not, suffering in silence.



Solent

...this guide will explain the effects of menopause on mental health and offer some useful advice and support...

Did you know?

In the UK, the average age for menopause is 51



Not all women will have symptoms and those that do can vary in type, amount and severity.

It is difficult to predict how long symptoms will last.



Menopause has a variety of physical symptoms such as:

- tiredness
- night sweats
- insomnia
- hot flushes
- memory loss
- tension
- heavy bleeding

Which can all cause you to feel distressed.

During menopause, it's common to experience emotional symptoms and mood changes



Such as:

- irritability
- sadness
- lack of motivation
- aggressiveness
- problems focusing
- stress
- difficulty concentrating
- depression



Much like constant premenstrual syndrome (PMS), these effects can cause emotional strain.

If you have a pre-existing mental health problem, it's possible that the effects of menopause could cause a relapse or change to your mental health.

Next Steps

Talk to
your GP



They can offer
treatments such as
hormone replacement
therapy



Discuss lifestyle
changes you can make
to relieve certain
symptoms



Refer you for cognitive
behavioural therapy (CBT) – a
type of talking therapy that can
help with low mood and anxiety

Diet Changes



Reduce caffeine, alcohol
and stop smoking



Keep a food diary for hot
flush triggers



Ensure there is enough
calcium and vitamin D in
your diet and eat a diet rich
in fibre and wholegrain
foods. Try and maintain a
healthy bodyweight.

Lifestyle Changes



Avoid hot drinks before bedtime
and keep alcohol to a minimum
as it can trigger hot flushes.



Manage night sweats by
keeping a glass of cool
water nearby and the
room slightly cool.



Wear layers so when a
hot flush occurs they can
be taken off



Exercise - yoga has been proven
to improve sleep and walking and
running improve overall wellbeing

Let's talk about the Menopause!

The menopause happens to all women, it's nothing to be ashamed of and it's common to struggle while going through it, so remember you're not alone.

Try this...

Celebrate

Keep a diary of the positives and challenge the negative thoughts. Make time to laugh as humour can help with tension, stimulate immune systems, help with coping and enhance memory, learning and help women to feel connected.

Connect

Reach out for the support of others who have been through similar experiences, such as women in a support group or menopause café. Speak to your friends and family about how you're feeling.

Challenge

Challenge the way menopausal women are treated in society and in the workplace.



Speak to us

If you are feeling low, anxious or are struggling to cope, we are here for you!

Visit www.solentmind.org.uk to find your local service