


# It's Time to Start Talking About the Menopause

Knowledge is Power. Support is Strength.

The average age  
for menopause  
in the UK is

**51**

 **80%**  
of women going  
through menopause  
experience common  
symptoms like  
hot flushes or  
night sweats

Symptoms typically  
last 5-7 years after  
periods end, but for  
1 in 10 women they  
  
persist up to 12 years

 Almost half  
of women  
say menopausal  
symptoms have  
negatively affected  
their work

  
Nine out of ten  
women going through  
menopause report  
mental health issues

 More than half  
of menopause  
sufferers report  
mood changes  
and anxiety 

 About **70%**  
of those going  
through menopause  
say they experience  
some kind of mental  
health impact

Around 1 in 10 women  
  
experience suicidal  
thoughts because of  
perimenopause

## Why it Matters

### Your Body Is Changing - You Deserve Support

- The menopause affects all women, and symptoms can begin years before (perimenopause)
- It's more than hot flushes - it can impact mood, memory, sleep, relationships & work
- Talking openly helps remove shame and empowers women to get the support they need

## Talk About it

### You're Not Alone - Let's Open Up

Why opening up is important:

- Helps you feel understood and less alone
- Encourages others to share and normalise the experience
- Leads to better workplace adjustments and GP support
- Reduces stress and emotional strain
- Empowers you to seek the right treatment and lifestyle help



# Know Where to Go Charities and Services That Can Help

From talking therapies to helplines, find the right support for you - you don't have to face it alone.

Scan to  
find out  
more

**Menopause  
matters**

## Menopause Matters

An award-winning independent platform providing up-to-date, evidence-based information on menopause, perimenopause, and post menopause to support informed decision-making and health conversations.



daisy network

## The Daisy Network

A UK-based charity dedicated to supporting women diagnosed with Premature Ovarian Insufficiency (POI), offering peer support, expert information, and resources tailored to early menopause.



## The Menopause Charity

Focused on breaking the stigma around menopause through education, advocacy, and clinical guidance; works closely with healthcare professionals to improve diagnosis and treatment outcomes.



Women's  
Health  
Concern

## Women's Health Concern

The patient support arm of the British Menopause Society, offering confidential advice and medically reviewed resources to help women navigate menopause and midlife health issues.



## Make Menopause Matter Campaign

A national campaign driving systemic change in menopause awareness, education in schools, workplace policies, and mandatory GP training.



## Nicola Green Consultancy

Nicola Green Consultancy empowers women navigating menopause by providing tailored workplace presentations, coaching programs, and support services that promote understanding, reduce stigma, and support well-being.



# Start the Conversation Today

Menopause is a natural stage of life — not something to be hidden or feared.  
Talk to a friend. Speak to your GP. Ask questions at work.  
Let's change the conversation, together.

