


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.

Click
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.