



Metal Health and Menopause

Every woman will go through menopause. The symptoms vary from person to person, but research shows mental health impacts are common in this time.

Why is Mental Health Impacted?

There are many reasons why mental health can be negatively affected throughout menopause.

One reason is due to fluctuating hormones during perimenopause, and low levels of hormones--particularly oestrogen--in menopause.

52% of women also experience sleep disturbance which can exacerbate mental health problems. Further, changes in appearance, including increased weight, changes in body composition, and alterations in skin and hair quality can also affect women's confidence and self-esteem.

This can also be a time when women have higher levels of stress at work, and increased caring responsibilities, including looking after ageing parents. Every woman is different, and whatever you are experiencing, we can help.

What Are the Common Psychological Symptoms & Prevalence?

1. Physical & mental exhaustion (64%)
2. Irritability (54%)
3. Forgetfulness (54%)
4. Anxiety (51%)
5. Mood swings (49%)
6. Difficulty concentrating (45%)
7. Depression (43%)

Fang et al. (2024). Mapping global prevalence of menopausal symptoms among middle-aged women: A systematic review and meta-analysis. *BMC Public Health*, 24:1767.

Where Do I Begin?

Review your symptoms here and in our free Symptom Tracker in our Resources section to get a full picture of what you are experiencing, and which symptoms are affecting you most.

Consider discussing your symptoms with close friends, family or your partner, if you feel comfortable.

Book a free Discovery Call with us to discuss your needs and how we can help. You may want to book a visit to see your GP too.

