

# Menopause

A large, decorative graphic consisting of two overlapping, thick blue brushstrokes that form a continuous, flowing shape, resembling a stylized infinity symbol or a continuous path. The brushstrokes have a textured, grainy appearance.

 **Mind** Havant and East Hants

The logo for Mind, featuring a stylized blue scribble that forms a circle with a vertical line through it, resembling a brain or a network.

# Mind Havant and East Hants

At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community.

## Our services include:

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. If you choose to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to HEH Mind or to local services.



# Services and support

HEH Mind services and support are available across the Havant Borough and East Hampshire District, including areas such as: Hayling Island, Waterlooville, Emsworth, Petersfield, Alton, Bordon and Bentley. Additionally we have some projects and service that are delivered across Hampshire.

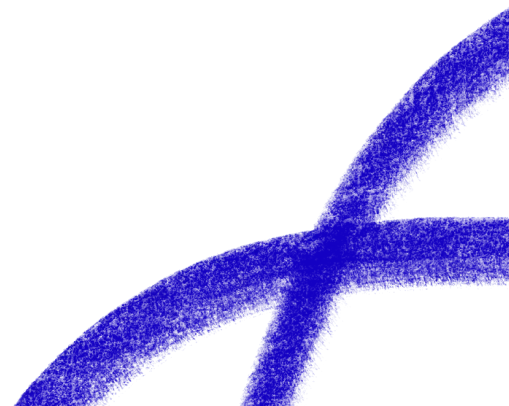
It's important to ask for help because you don't need to cope with these difficult experiences alone.

There are many health professionals who you can talk to about your mental health, and who can provide you with support in several different ways.

These may include general health or specialist support services, such as your GP, your local Mind and or Samaritans.

There is a range of other support and services including:

- Anxiety UK — [anxietyuk.org.uk](https://www.anxietyuk.org.uk)
- Campaign Against Living Miserably— [thecalmzone.net](https://www.thecalmzone.net)
- Do-it (Volunteering) - [do-it.life](https://www.do-it.life)
- Side by Side (peer to peer forum) — [sidebyside.mind.org.uk](https://www.sidebyside.mind.org.uk)
- Papyrus (Crisis support Under35's) - [papyrus-uk.org](https://www.papyrus-uk.org)
- Sane Support Forum — [sane.org.uk](https://www.sane.org.uk)

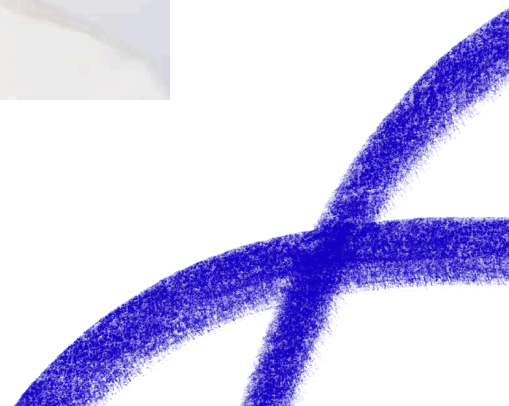


# What is menopause?

Menopause affects anyone who has a period. Menopause is reached when you have not had a period for 12 months due to changes in hormone levels. It generally occurs between the ages of 45 and 55, but it can happen earlier or later for some.

## What is perimenopause?

Before reaching menopause people may experience symptoms but their periods will not have stopped, this is known as perimenopause. For some these symptoms may last a few months but for others they can last for a few years. Symptoms may also fluctuate over time as hormone levels change.



# Symptoms

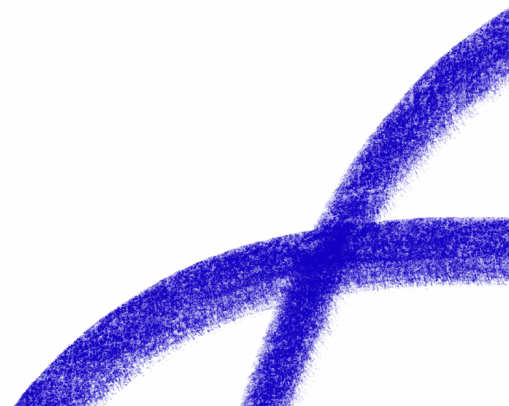
Everyone will have a different experience with the symptoms they have during peri menopause and the menopause. For some this may be none and for others it may be they experience a lot.

- Changes to your period – they may become irregular, lighter or heavier, eventually stopping all together.
- Mental health changes – Some people may experience low mood, anxiety, low self esteem and mood swings. ‘Brain fog’ is also another symptom people may experience which can cause problems with concentration and memory. For some it may be that they lack the enjoyment in everyday activities that they once did.
- Physical changes – Hot flushes and night sweats may result in trouble sleeping, aches and muscle pains, headaches and migraines, dry and or itchy skin, vaginal dryness, reduction in sex drive.

## References:

Menopause - [NHS \(www.nhs.uk\)](http://www.nhs.uk)

Am I perimenopausal or menopausal? - [The Menopause Charity](#).



# Menopause and mental health

Changes to mood, emotions, motivation and self esteem can be very common symptoms of the menopause. People commonly report feeling in a low mood, sad and/or anxious. Research suggests that this is caused by a reduction in hormones. Because of this Hormone replacement therapy (HRT) can be an effective relief, however it is important to discuss this with your GP before starting any medication.

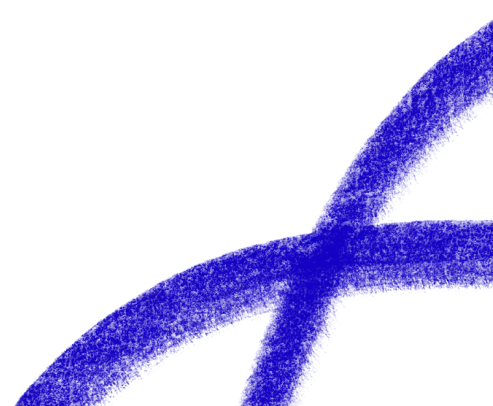
There are lifestyle factors you can try to see if they help you feel better, these include:

## **Eating well**

Foods high in essential fats such as Omega 3 oils, and those rich in B vitamins, calcium and vitamin D can also help improve your mood. Eating slow release carbohydrates throughout the day can help with our mood and energy levels throughout the day.

## **Exercising and movement**

Helps boosts endorphins – feel good hormones that relieve pain and reduce stress. Try different forms of exercise and movement to find an activity that you enjoy.



## Challenging negative thoughts

It can be beneficial to step back, examine the evidence for your thoughts and explore other ways of looking at the situation. Try asking yourself what would you say to your friend, family or colleague who was having this thought?

## Breathing techniques

Our breath is always with us so a great tool to use when we are feeling anxious. Taking deep breaths can have a positive impact on both how we are feeling and any physical symptoms we may experience as a result of anxiety.

## Talking therapies

Such as cognitive behavioural therapy (CBT) can help you manage your problems by changing the way you think and behave.

## References:

Living well through your perimenopause and menopause - [The Menopause Charity](#)

Menopause - [Things you can do - NHS \(www.nhs.uk\)](https://www.nhs.uk)



# Supporting friends and colleagues

As well as accessing treatment and self-help, friends, family and colleagues can offer help and support. Some ways in which you could do this include:

## Meet up

Spending time with friends, family and colleagues provides moments of social connections which are really important for mental health and overall wellbeing.

## Talking and listening

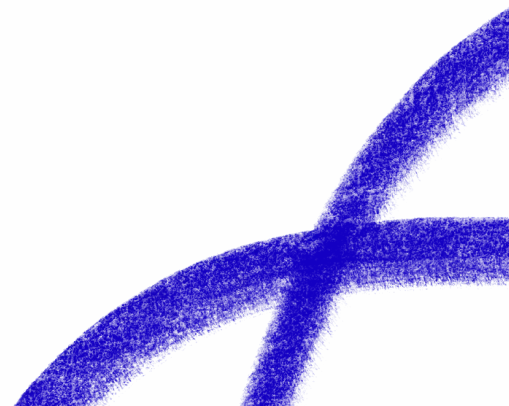
Asking “how are you?” gives someone the opportunity to open up about how they are feeling and gives someone the opportunity to talk.

## Be flexible where possible

For example meeting at a different time if the person is having trouble sleeping or different location if someone is sensitive to the noise or lighting at a certain location.

## Create a support network

Talking to others who are experiencing similar symptoms of perimenopause or menopause can help reassure people that they are not alone.

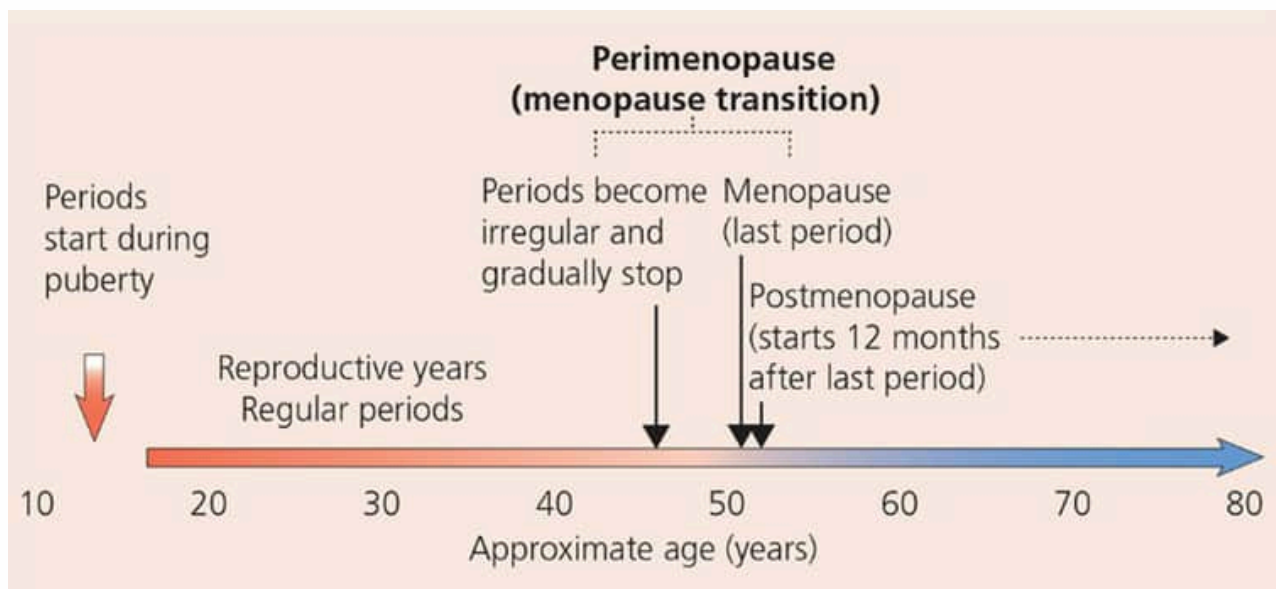




# Further information/ who else could help

As well as accessing treatment and self-help, friends, family and Early support and advice can help reduce the impact perimenopause and menopause have on your health and wellbeing.

- Your GP
- Your employer
- Menopause - [NHS \(www.nhs.uk\)](http://www.nhs.uk)
- The Menopause Charity - [Menopause Facts, Advice and Support](#)
- Rock My Menopause - [Menopause Information](#)



Source: Briggs, Menopause (fast facts for patients) 2nd edition

# Want to know more?

Contact our Adult Wellbeing Team by calling  
023 92498916

To find out about other services, workplace support,  
fundraising and events please visit our website or social  
media channels.



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Leigh Park Community Centre  
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Hampshire, PO95BG

[www.easthantsmind.org](http://www.easthantsmind.org)  
Charity No: 116301

Scan to visit our website

