



Let's talk about menopause

Could menopause symptoms be affecting you at work?

Are you a woman between the ages of 45-65?

Do you regularly feel tired or fatigued, suffer with joint pains, have trouble sleeping, concentrating, or remembering things?

These are common symptoms but not always recognised as related to the menopause.

Help and support is available

SFH Menopause and fatigue leaflet
SFH Menopause and joint pain leaflet
Menopause e-learning SFH e-academy
SFH Menopause at work policy guidance

www.nhs.uk/conditions/menopause/
www.pausitivity.co.uk

Who should I contact?

Your GP: Contact your GP surgery if you are struggling with menopausal symptoms or would like advice about medication treatment options.

Line manager: If you feel your menopause symptoms are affecting you at work or you would like to discuss any aspects of menopause at work please contact your line manager and have a look at the SFH menopause guidance document, which can be found on the staff intranet site.

SFH Occupational health department: If you or your manager would like advice around possible work place adjustments that could help ask your manager to complete an Occupational health manager referral form so individual advice can be provided.

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