

World Menopause Day - toolkit



Did you know that around 1 in 6 of the education workforce could be experiencing menopause right now?

But despite these numbers there is still stigma around talking about the menopause (and perimenopause).

Supporting everyone working in schools whilst they are going through the menopause needs to be a priority for every school. Help raise awareness by sharing the resources below with your colleagues.

Resources

[Managing the menopause at school: your stories](#)

For World Menopause Day we hear from a teacher and headteacher about how the menopause (and perimenopause) has impacted both their mental health and wellbeing.

[Supporting staff experiencing perimenopause and menopause](#)

This guide for school leaders aims to help your school retain valuable team members and ensure they are well supported as they experience perimenopause and menopause.

[Let's get talking about menopause and perimenopause: supporting education staff](#)

This webinar looks at how the menopause and perimenopause can affect education staff in different ways, and provides some practical advice on how to create a menopause safe and stigma-free culture at your school.

[Teaching and the menopause: your stories](#)

We talked to teaching staff about the challenges of dealing with symptoms of the menopause at work.

[Talking to staff experiencing perimenopause and menopause: essential tips for all school leaders](#)

In this blog, Helen Clare, menopause educator and mentor, and ex-biology teacher, gives advice on how to have conversations with staff about menopause and perimenopause.

Resources

Menopause in the education workplace

Our guide looks at how teachers and education staff can look after themselves and their colleagues and what schools can do to support staff effectively

Lisa's story: help just when she needed it from our EAP

Special needs teacher Lisa tells us how the Education Support EAP helped her find her way through her health issues.

Helpline poster

If you are struggling with the menopause and your mental health and wellbeing is being negatively impacted, please call our free and confidential helpline on 08000 562 561.



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