



Member training:

Menopause and Mental Health



March featured training

Menopause and Mental Health

Menopause marks the end of a woman's period and reproductive years. Some women look forward to this change, while others do not. Most women, however, do not welcome the symptoms that come with menopause, particularly when it comes to their mental health. This session will unpack menopause and mental health, dispelling some of the myths and presenting the facts. This session will also include practical strategies for women entering this stage in life, as well as for their colleagues, managers and organizations wishing to understand more and provide support.

Learning Points

- Understand what the menopause is and how it can affect mental health
- Explore how culture may impact a woman's experience of the menopause
- Discuss the impacts that the menopause has in the workplace
- Provide flexible, creative solutions that support women before, during and after their experiences with the menopause

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p>Recorded sessions</p> <p>On demand (no Q&A)</p> <p>Watch here</p> <p>Short on time?</p> <p>Watch the 10-minute summary here</p>	<p>9th March</p> <p>2AM-3AM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>10th March</p> <p>8AM-9AM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>11th March</p> <p>12PM-1PM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>12th March</p> <p>2PM-3PM Central Daylight Time (with Q&A)</p> <p>Register now</p>
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Space is limited for the live training session options, so advance registration is required.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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