

# World Menopause Day Email Template

Hi everyone,

Did you know that today is World Menopause Day?

World Menopause Day is held every year on the 18th October and aims to raise awareness of menopause and the support options available for improving health and wellbeing. Menopause will impact around half of the population directly, and will indirectly impact almost all of us.

With women over 50 being the fastest growing workforce demographic, it is estimated that by 2022, 1 in 6 British workers will be women over 50. This means that most women will go through menopause at some stage in their working life and therefore **everyone should have a general understanding of how it impacts the individual and those around them.**

Here are some posters you might find useful to further your understanding of menopause:

- [Why Menopause Matters at Work: The Facts](#)
- [Understanding Menopause](#)
- [Menopause Symptoms](#)
- [Signposting Support: Menopause](#)

As with many areas of mental wellbeing, there is often a stigma attached to opening up, particularly if the topic is very personal and one which wouldn't typically be raised in a workplace conversation. This is where we've all got a part to play in supporting each other to highlight that colleagues are not alone and there is support available should they wish to explore it.

It is important to remember that menopause and its associated symptoms is a complex area and one which often gets referred to a GP for further advice. No one expects their colleagues to be an expert in this field. However, if equipped with some general knowledge and a greater understanding of menopause, it could really help someone...even if it is simply in the form of listening to a colleague.

Finally, we would like to take this opportunity to remind you of the general wellbeing and menopause specific support available at *{insert company name here}*.

- *{include details about the support available at your organisation and any activities you are hosting for World Menopause Day 2021 - plus the usual EAP, support groups, menopause policy/guidance etc where applicable}*

Do reach out if you have any further questions or wish to discuss any ideas regarding how we can become more 'menopause friendly' within our workplace....we'd love to hear from you!

*{sign off}*

