

Menopause and anxiety

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Menopause and anxiety

The menopause is a stage of life that occurs naturally or can be brought about as the result of surgery/other medical intervention, when levels of the hormone, oestrogen fall.

Menopause and anxiety

Anxiety UK

Fact sheet

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Download our fact sheet below.

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Menopause and Anxiety

Anxiety UK

Literature review

Menopause is a significant transition in a woman's life that marks the end of her reproductive years, typically occurring around the age of 50.

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Read our blog for a first hand account of how the menopause and anxiety can impact you [here](#)