**Resources for working with the menopause**

**Royal College of Midwives** <https://www.rcm.org.uk/media/1892/equality_diversity_publication_working_with_menopause.pdf>

**Faculty of Occupational Medicine** <http://www.fom.ac.uk/wp-content/uploads/Guidance-on-menopause-and-the-workplace-v6.pdf>

**Trades Union Congress** <https://www.unionlearn.org.uk/sites/default/files/publication/Menopause.pdf>

**British Menopause Society** <https://thebms.org.uk/wp-content/uploads/2020/04/07-BMS-TfC-Menopause-and-the-workplace-APR2020.pdf>

**ACAS**  <https://www.acas.org.uk/menopause-at-work>

**European Menopause & Andropause Society (EMAS) 2021**

**Menopause essentials** <https://www.emas-online.org/emas-and-menopause-in-the-workplace-2021/menopause_essentials/>

**Employers’ charter** <https://www.emas-online.org/menopause-and-work-charter/>

* Global consensus recommendations on menopause in the workplace
* Health and allied health professionals should recognize that menopausal symptoms can adversely affect the ability to work
* Women should not be discriminated against, marginalized or dismissed because of menopausal symptoms

<https://www.emas-online.org/wp-content/uploads/2021/07/Global-consensus-recommendations-on-menopause-in-the-workplace.pdf>

**Menopause and work: An electronic survey of employees’ attitudes in the UK.** Amanda Griffiths,Sara Jane MacLennan,Juliet Hassard

<https://www.sciencedirect.com/science/article/pii/S0378512213002235>

**What do working menopausal women want? A qualitative investigation into women's perspectives on employer and line manager support.** Claire Hardy, Amanda Griffiths, Myra S Hunter

<https://pubmed.ncbi.nlm.nih.gov/28539167/>

# Self-help cognitive behavior therapy for working women with problematic hot flushes and night sweats (MENOS@Work): a multicenter randomized controlled trial

Hardy, Claire PhD, Griffiths, Amanda PhD,  Norton, Sam PhD; Hunter, Myra S. PhD

<https://journals.lww.com/menopausejournal/Abstract/2018/05000/Self_help_cognitive_behavior_therapy_for_working.9.aspx>