

Please note all information provided in this booklet was correct at time of publication. Always check via contact or websites for the respective organisations for latest details. The information in this leaflet is for general informational purposes only and is not a substitute for professional medical advice. We recommend consulting a healthcare provider or mental health professional for personalised guidance.

This book has been compiled by **Rethink Mental Illness** services within Wiltshire, with support from **Unmenopausal**.

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This booklet is available to download from:
rethink.org/wiltshirewellbeingcafes

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness
Phone **0121 522 7007** or
email **info@rethink.org**

rethink.org

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Menopause information & support from a Licensed Menopause Champion with Menopause Experts Group and Certified Menopause Coach

For further information on Unmenopausal
email **unmenopausal@gmail.com**

unmenopausal.co.uk

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**Rethink
Mental
Illness**

Including national support

Menopause and mental health in Wiltshire



This guide provides you with a quick reference on what support there is available for menopause and mental health in Wiltshire, also including other peer-support for women.


Peer Support Groups and Socials

Menopause Chat Group

morning get-together and a safe place for menopause conversations.

 **Salisbury**
unmenopausal.co.uk

The Menopause Mingle evening meet-up to share experiences and offer support to each other.

 **Salisbury**
unmenopausal.co.uk

The Little Gem café with menopause social on third Sunday of the month.

 **Royal Wootton Bassett**
thelittlegemrwb.com


Doorway Women's Group weekly meet to share experiences, learn new skills and empower each other.

 **Chippenham**
doorwayproject.org.uk

Menopause Café supportive and inclusive space for people to discuss menopause openly. Tidworth group meet monthly.

 **Tidworth**
www.menopausecafe.net

The Westbury Menopause Support Group get-together offering peer-support, with occasional guest speakers

 **Westbury**
Contact: Fatimah
Email: fz_97@yahoo.com



Mental Health UK have useful advice and information on menopause and mental health that you can find here:
mentalhealth-uk.org/menopause-and-mental-health/

Useful Smartphone App:



Balance aid for anyone experiencing perimenopause and menopause. The app offers symptom trackers, community support and information.



The **private Facebook groups** below provide a forum where women can access information relating to menopause (and arrange social gatherings). Search on Facebook by the group name (or click on link with digital version of booklet).

- [Menopause Matters Marlborough](#)
- [Chippenham Menopause cuppa & chat](#)
- [Devizes/Calne Menopause Support Group](#)

Recommended websites and organisations

The Menopause

Charity works to education everyone so that perimenopause and menopause are properly understood.

themenopausecharity.org

Menopause Support

provide information and support for those experiencing menopause and their partners and families.

menopausesupport.co.uk

Menopause Matters

provide up-to-date, accurate information about the menopause, menopausal symptoms and treatment options.

menopausematters.co.uk

Some tips and guidance



Maintain good sleep hygiene

Good sleep helps manage stress and emotional fluctuations, which are common during menopause



Stay physically active

Exercise regularly and try a combination of activities that supports flexibility, strength and cardiovascular health. Such as brisk walking or dancing, yoga and Pilates.



Practising mindfulness:

Practising mindfulness can help with feelings of stress, anxiety, and depression. A daily mindfulness session can help promotes feelings of calmness and relaxation.



Talk to others

It can help to talk to other people going through the same thing, like family, friends or colleagues.



Seek help from a professional

Cognitive behavioural therapy (CBT) is a type of talking therapy that can help with a low mood and feelings of anxiety. It can also help with sleep problems.