Managing Menopause and Mental Health

Did you know that menopause can significantly impact mental health?

Menopause, usually occurring in women between ages **45** and **55**, can affect mental health due to a drop in hormone levels.

While menopause is primarily known for its physical manifestations — like hot flashes and weight gain — the mental health symptoms can also be significant.

Menopause affects individuals differently. Addressing mental health alongside physical health is essential for managing this life transition. Many healthcare experts including endocrinologists, gynecologists, and mental health counselors are trained in this area of care.

If symptoms become overwhelming or persist, consult your healthcare provider for evaluation and treatment.

Mental health challenges during menopause may include:

- Mood swings
- Irritability
- Anxiety
- Depression
- Sleep disturbances
- Memory and cognitive changes