

Reading and Resources

Menopause in the Workplace

Reading

- [*Menopause and Mental Health Booklet*](#) by First Psychology (pdf)
- *The One Stop Guide Menopause*, Kathy Abernethy, 2019, Souvenir Press.
- *The Menopause Brain*, Dr Lisa Mosconi, 2024, Allen & Unwin.
- *What Fresh Hell is This – Perimenopause, Menopause, Other Indignities and You*, Heather Corinna

Websites

- <https://www.menopausecafe.net/>
- <https://www.pausitivity.co.uk/>
- <https://www.menopausematters.co.uk/>
- <https://menopausesupport.co.uk/>
- <https://themenopausecharity.org/>