



**Member training:**

**Menopause and Mental Health**

**March featured training**

**Menopause and Mental Health.** Menopause marks the end of a woman’s period and reproductive years. Some women look forward to this change, while others do not. Most women, however, do not welcome the symptoms that come with menopause, particularly when it comes to their mental health. This session will unpack menopause and mental health, dispelling some of the myths and presenting the facts. This session will also include practical strategies for women entering this stage in life, as well as for their colleagues, managers and organizations wishing to understand more and provide support.

**Participants will:**

* Understand what menopause is and how it can affect mental health.
* Explore how culture may impact a woman’s experience of menopause.
* Discuss how to open a dialogue about menopause in the workplace and what may help on an individual and an organizational level.

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training options are in English and available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/c113de3a8dbd103cbb7f005056818b09/playback)**  **Short on time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/f9652a848dc5103c9faf00505681b4d1/playback)** | **5th March**  1-2 AM CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBAYA4) | **5th March**  1-2 PM CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBKYA4) | **7th March**  11-12 AM CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBPYA4) | **8th March**  7-8 AM CST  (with Q&A)  **[Register now](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TNBUYA4)** |

**Space is limited for the live training session options, so advance registration is required.**

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its

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