



# Me, Work and the Menopause

The menopause is often treated as a joke, something to make fun of.

But many women find their symptoms really hard to manage, particularly when they are at work.

If you are struggling at work because of menopause symptoms you can speak to your Union Usdaw for help and support.

To find out more visit the website:

[www.usdaw.org.uk/menopause](http://www.usdaw.org.uk/menopause)

Or email [equalitymatters@usdaw.org.uk](mailto:equalitymatters@usdaw.org.uk)

