

WHAT YOU NEED TO KNOW ABOUT MENOPAUSE

More than three quarters of women will experience symptoms during menopause

1 in 4 will experience serious symptoms that impact their life

Symptoms can include

- Memory loss and brain fog
- Difficulty sleeping
- Anxiety and depression
- Headaches
- Loss of confidence



1 in 3 women say they don't feel comfortable talking to their manager about menopause

1 in 4 women will consider leaving the workplace because of their symptoms

We are committed to supporting our colleagues through every stage of their life and career.
There is help and support available

Support at Stowe

Stowe now provides dedicated, specialist menopause support through [MyTamarin](#)

You can download the app to access the resources available and chat online to experts 24/7

Or you can request a one-to-one video consultation with a menopause specialist.



Support online

[Menopause and Me](#)
[The Menopause charity](#)
[Menopause matters](#)

Podcasts

The Happy Menopause
Dr Louise Newson

