

Menopause/Perimenopausal issues

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues, and the university wants to be a supportive environment. The role of the Line Manager is important in providing positive support and we wish to ensure our Line Managers know where to get support so they can signpost accordingly. A number of common health and wellbeing scenarios have been presented which aim to provide Line Managers with a pathway to help them support their team(s). The [Mental Health & Wellbeing in the Workplace Guidance for Managers](#) document is also a helpful tool for Line Managers.

1:1 Meeting

As a Line Manager you should review the [Menopause Guidance for Managers](#) which will give you advice on supporting members of your team experiencing menopause and/or perimenopausal symptoms.

During a 1:1 with your Direct Report there will be opportunity for a Wellbeing Conversation and this is the time to discuss any health and wellbeing issues with regards to menopause and perimenopause symptoms your Direct Report may highlight. During the conversation, as Line Manager you can discuss possible reasonable adjustments or you can refer the Direct Report to Occupational Health. You can also signpost to internal & external support resources such as the Employee Assistance Programme.

Occupational Health Referral

As the Line Manager you can suggest a referral to Occupational Health allowing the Direct Report an opportunity to speak to a OH practitioner who may suggest other reasonable adjustments.



Employee Assistance Programme

[MCL Medics](#) is the University's Employee Assistance Programme provider and they provide a free, confidential and independent resource to help employees balance their work, family and personal lives providing advice, information and assistance on a range of topics. Also provides access to a self-referred counselling service allowing the employee to speak to a counsellor directly. Suggest they follow the steps on the webpage to access this resource.

External Resources

There is a number of external support agencies and charities who provide dedicated menopause and perimenopause support such as [Menopause Support](#), [Menopause Matters](#), [Henpicked](#). If your Direct Report has not visited visit their GP already you could suggest they do so to discuss support options.