

Menopause support toolkit for teachers and education staff



Did you know that around 1 in 6 of the education workforce could be experiencing menopause right now?

But despite these numbers there is still stigma around talking about the menopause (and perimenopause).

Supporting everyone working in schools whilst they are going through the menopause needs to be a priority for every school. Help raise awareness by sharing the resources below with your colleagues

Resources

[Managing the menopause at school: your stories](#)

We hear from a teacher and headteacher about how the menopause (and perimenopause) has impacted both their mental health and wellbeing.

[Supporting staff experiencing perimenopause and menopause](#)

This guide for school leaders aims to help your school retain valuable team members and ensure they are well supported as they experience perimenopause and menopause.

[Let's get talking about menopause and perimenopause: supporting education staff](#)

This webinar looks at how the menopause and perimenopause can affect education staff in different ways, and provides some practical advice on how to create a menopause safe and stigma-free culture at your school.

[Teaching and the menopause: your stories](#)

We talked to teaching staff about the challenges of dealing with symptoms of the menopause at work.

[Supporting staff experiencing perimenopause and menopause: A guide for all school leaders](#)

This guide aims to help your school retain valuable team members and ensure they are well supported as they experience perimenopause and menopause.

Resources

Menopause in the education workplace

Our guide looks at how teachers and education staff can look after themselves and their colleagues and what schools can do to support staff effectively.

Lisa's story: help just when she needed it from our EAP

Special needs teacher Lisa tells us how the Education Support EAP helped her find her way through her health issues.

Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.



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