

Peri/Menopause and emotional wellbeing



Hertfordshire and Mid Essex Talking Therapies offers psychological help and employment support for people experiencing a wide range of common emotional difficulties. It is part of the NHS Talking Therapies, for anxiety and depression programme.



How can we support:

Peri/Menopause is a life transition that all people who have or have had menstrual cycles go through. It is characterised by hormonal fluctuations and decreasing levels of the hormones oestrogen, progesterone and testosterone.

75% of individuals will experience symptoms, including but not limited to:



Many people find these changes overwhelming and difficult to navigate. It can be hard to talk about how you are feeling and ask for help, but you do not have to struggle alone; there is support available.

How our treatments can help:

Treatment offered through our service is based on Cognitive Behavioural Therapy (CBT). CBT is a highly effective evidence-based talking therapy that can help you cope with difficult thoughts and feelings by teaching you tips and techniques to manage them. It is recommended by the National Institute for Health and Care Excellence (NICE) in addition to, or as an alternative to, other treatment including HRT for the management of menopause symptoms.

By addressing the emotional aspect of peri/menopause, CBT can enhance your overall wellbeing and resilience, so you can feel more like yourself again.

Our service has a variety of tailored support options available:

'Menopause and emotional wellbeing' webinar - a one-hour introduction and practical tools

Online Peri/Menopause group - learn ways to manage your symptoms and share your experience with others

Individual Cognitive Behavioural Therapy - face-to-face, over the phone or via video call

Online CBT programmes - can be completed independently or with support from a therapist

“Don't be frightened – the team are great! You'll feel at ease and come away with a menopause 'tool kit'.”

“I would recommend anyone to attend.”

“It should be a requirement in the modern world – the stress coping mechanisms are so valuable.”

Online Peri/Menopause group attendees

What to expect from treatment:

Following your self-referral or health care professional referral, you will be invited to have an appointment with one of our specially trained CBT clinicians. This appointment will usually take up to an hour and will include completing some questionnaires to help the clinician understand your concerns.



At the end of your appointment, you and your therapist will reach a decision about what type of support could be most helpful for you and a plan will be agreed to start treatment.

“It was a relief to feel that I wasn't alone in how I am feeling and that the support was there each week.”

Online Peri/Menopause group attendee

How to refer:

If you would like to refer yourself there are a number of ways you can do this including:

- The quickest way to refer is online:
www.hpft-talkingtherapies.nhs.uk
- You can speak to your GP or Health Care Professional who can make a referral for you.
- You can make a self-referral by calling:
Hertfordshire - 0800 6444 101 or Mid Essex - 01376 308704



Find out more information about our service:

www.hpft-talkingtherapies.nhs.uk



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Hertfordshire & Mid Essex Talking Therapies

Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

Updated July 2025

www.hpft-talkingtherapies.nhs.uk