

## Menopause Awareness Month

### Fife Workplace Campaign

### Workplace Team

### Fife Health Promotion Service

### Fife Health & Social Care Partnership

October is Menopause Awareness month and [Workplace Team](#) is launching a local campaign to raise awareness of the subject to increase understanding of the impacts to individuals, and in the workplace generally.

Although menopause is a completely normal life process, there is still much stigma surrounding it and many people just don't feel comfortable discussing it with others – especially at work.

Workplace Team's campaign will showcase their workplace menopause awareness resources:

- Supporting the Menopause in the Workplace [Digital Toolkit](#)
- Menopause Awareness in the Workplace [Infobyte](#)

The campaign will also signpost to available national resources:

- [Let's Talk Menopause](#) CIPD
- [Menopause at Work](#) ACAS
- [Women's Health](#) NHS Inform

The campaign and related resources will be promoted through a month – long social media awareness campaign, running on Workplace Team [Twitter](#) & [LinkedIn](#) accounts. Please do share the published posts to increase the reach of key messages to Fife employers and workers.

Workplace Team are available to support Fife employers and workers with free and confidential, tailored workplace health, safety and wellbeing support. See their [webpage](#) or follow their [Twitter](#) or [LinkedIn](#) accounts for further details.