WEBINAR RESOURCES

Menopause in Practice

A multidisciplinary approach to perimenopause and menopause care

Resources current as at October 2026. External information is provided for educational purposes and should be considered alongside current clinical guidance and individual patient circumstances.

Further Resources

Medical & menopause care

1. Australasian Menopause Society (AMS)
Evidence-based clinical information, professional education and patient resources covering menopause, assessment and management.
Resources for Health Professionals
Practitioner's Toolkit for Managing Menopause

2. Better Health Channel — Victorian Government
Accessible information on menopause symptoms, health considerations and treatment options.
Menopause
Menopausal Hormone Therapy

3. Jean Hailes for Women's Health
Australian women's health information, including menopause education, symptom checklists, fact sheets and resources for healthcare professionals.
Menopause and Perimenopause

4. The Royal Women's Hospital, Victoria — Menopausal Hormone Therapy (MHT)
A patient information fact sheet explaining menopausal hormone therapy, its benefits, potential risks and treatment considerations.
Menopausal Hormone Therapy (MHT) — PDF
Managing Menopause

Further Resources (Continued)

Psychology & Mental Health

1. Australian Psychological Society (APS)
An article exploring the psychological impacts of perimenopause and menopause, including changes in mood, anxiety, cognition, identity and relationships, and the role of psychological support.
For Women Experiencing (Peri)menopause, Psychological Support Can Make All the Difference

2. Solution Psychology — Navigating Perimenopause and Menopause
A psychology practice article focused on navigating the menopause transition and accessing mental health support.
Navigating Perimenopause and Menopause: Mental Health Support

3. Psychology Today — Menopause
An overview of menopause and its psychological impacts, including anxiety, mood changes, cognitive difficulties, sleep disturbances and approaches to managing emotional wellbeing.
Menopause — Psychology Today Australia

4. Beyond Blue — Perimenopause, Menopause and Mental Health
Australian mental health information exploring the relationship between menopause, emotional wellbeing, anxiety and depression, alongside strategies for seeking support.
Perimenopause, Menopause and Mental Health

5. Australian Government Department of Health, Disability and Ageing
National information about perimenopause and menopause, including recognising symptoms, understanding individual experiences and accessing appropriate healthcare and support.
Menopause and Perimenopause — Australian Government

6. World Health Organization (WHO) — Menopause
International public health information on menopause, including physical, emotional and social impacts, quality of life and the importance of access to appropriate healthcare.
Menopause — World Health Organization

Dietetics & Nutrition

1. Centre for Eating and Dieting Disorders (CEED) — SCOFF Questionnaire
A brief screening tool to help healthcare professionals identify potential eating disorders and guide further assessment.
SCOFF Questionnaire — Eating Disorder Screening Tool (PDF)

References

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Medical & menopause care:

The Royal Australian College of General Practitioners (RACGP)

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG)

The Australasian Menopause Society (AMS)

Psychology & mental health:

APS (2024). For Women experiencing (peri)menopause, psychological support can make all the difference.

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Garg, R. & Munshi, A. (2025). Menopause and Mental health. Journal of Midlife Health, 16(2), 119-123.

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Ye et al. (2022). Efficacy of cognitive therapy and behavior therapy for menopausal symptoms : A systematic review and meta analysis. Psychological Medicine, 32(3), 433-445.

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Dietetics & Nutrition

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Barnard, N. D., Kahleova, H., Holtz, D. N., Del Aguila, F., Neola, M., Crosby, L. M., & Holubkov, R. (2021). The Women's Study for the Alleviation of Vasomotor Symptoms (WAVS): A randomized, controlled trial of a plant-based diet and whole soybeans for postmenopausal women. *Menopause, 28*(10), 1150–1156. https://doi.org/10.1097/GME.0000000000001812

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