

Menopause Peer Support: Connecting, Educating, Empowering

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Background/Purpose:

Research indicates that women with strong social networks experience perimenopause and menopause more positively. This highlights the importance of support systems and access to evidence-based information to best navigate these changes. Despite being a universal experience, menopause remains poorly understood by clinicians and the broader community alike. Queensland Health has granted funding to True Relationships and Reproductive Health (True) to develop and implement a state-wide peer support program to connect, educate and empower Queensland women as they navigate perimenopause and menopause.

Approach:

Community consultation and connectivity, with a particular focus on priority/ hard to reach populations underpin the delivery of this project. Four action areas address the wellbeing, health literacy, and social connectedness of people experiencing menopause.

1. An online hub- the Menopause Network including mobile app.
2. Peer meet-ups
3. Education
4. Mentor program

Outcomes/Impact:

By September 2025, the online Menopause Network will have been live for 5 months and the peer meet-ups and mentoring network will be operational. We will report on activity within the online hub along with feedback from service users. This will include a conversation on common needs and themes during the experience of menopause with an additional focus on specific population groups:

1. People living in rural and regional areas
2. First Nations people
3. LGBTIQ+
4. People with disability
5. People in contact with the justice system.

Innovation and Significance:

This project contributes to a growing movement that insists on making the experience of menopause matter. It identifies and amplifies the impact of social connectedness, lived experiences, safe workplaces and empowerment through education. These factors are woven together to ease the physical, mental, emotional and lifestyle changes that can accompany menopause.

Disclosure of Interest Statement (example): NIL