

MENOPAUSE *support*

Women account for over 50% of the Civil Service workforce currently, and many will experience symptoms associated with menopause during their working life

TOP 5 MENOPAUSAL SYMPTOMS THAT IMPACT ON WORK INCLUDE:




- 1 BRAIN FOG**
- 2 ANXIETY**
- 3 LOST CONFIDENCE**
- 4 INSOMNIA**
- 5 ACHES + PAINS**

The guidance on
**UNDERSTANDING AND IMPROVING
MENOPAUSE SUPPORT IN THE WORKPLACE**

provides information and guidance to managers and employees on menopause and the supports available. You can find information on www.gov.ie and at www.cseas.per.gov.ie/the-menopause/

Contact your Employee Assistance Officer for
information and support

 0818 008 120 *Mon to Thu 9 - 5:15, Fri 9 - 5*

 cseas@per.gov.ie

 www.cseas.per.gov.ie