

Low mood, anxiety, feelings of depression?

Low mood, anxiety and feelings of depression can be very common symptoms of the menopause and perimenopause.

These and other psychological symptoms are often mistaken for clinical depression, with many women wrongly prescribed antidepressants as treatment.

It is the symptoms that other people cannot see that too often lead to the most difficulties. Psychological as well as physical symptoms occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

Half the population will go through the menopause. Change is inevitable but how you handle it isn't.

For evidence-based information and support during your menopause journey, download our free *balance* app on the App Store or Google Play.

balance
the menopause support app
by Dr Louise Newson

