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The menopause is a workplace issue. There are over 40 symptoms of the menopause which include night sweats, hot flushes, heavy bleeding, mood swings and fatigue. For many women these symptoms can have a significant impact on their working lives.

GMB activists up and down the country has been campaigning and representing members around the menopause as a workplace issue for many years.

This has included preventing members being disadvantaged at work because of their symptoms.

This toolkit which includes factsheets ([PDF version available here](#)), a policy document, survey and video. The aim is to utilise the experience and work of GMB activists and members to push for a more progressive and inclusive approach to supporting those who experience the menopause.

We also want to smash the stigma around the menopause, what the symptoms are and who experiences the menopause, to include younger women, trans, non-binary and intersex people.

Not a GMB member?



**We're stronger when there are more of us. Share this page
with others to spread the word and help
#SmashTheStigma**

