



I'm Carla Day, National Care Group's Menopause Advocate

"I felt it important to stand up and offer support to both men and women effected by the menopause. Not only as a woman in the workplace, but as a menopausal woman who has experienced just what it's like to have the demands of a busy work life, inhibited by the many symptoms that make the daily life difficult. I've tried holistic therapies, meditation and HRT. I've faced it with humour and absolute despair.

I've lived every possible scenario, and the embarrassment of it all can be overwhelming. I've almost quit my job, twice! However, the single most important part of working through your unique menopause journey, is not feeling alone, and finding strength from within.

Having someone to listen, just listen, and empathise, knowing exactly how it feels can be such a tonic. Sharing advice and caring about yourselves and those around you can be the best therapy. I would like to offer a safe, confidential space for any colleagues that need it. I'm only a call away."



You are not alone!

You can call 07947 504497

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