

Menopause and Mental Health

Date: Friday 18 October 2024

Location: Online via EventsAir

Time	Session
09.30-09.35am	Introduction
	Session 1 – Menstrual cycle and menopause – what are all these hormones and why do they matter? Chaired by Dr Dimitris Schizas
09.35-09.55am	Menopause – throwing the baby out with the bathwater Professor Arianna Di Florio
09.55-10.15am	Managing menopause – keep it simple Dr Katie Barber
10.15-10.35am	Hormones through the lifespan Dr Rachel Jones
10.35-10.45am	Q&A
10.45-11.15am	Morning break
	Session 2 – What we know about menopause and mental health Chaired by Dr Devika Patel
11.15-11.35am	First onset mental disorders in the perimenopause Lisa Shitomi-Jones
11.35-11.55am	Assessment and management of menopause in mental health services Dr Michael Craig
11.55-12.15pm	The Meno-D and perimenopausal depression Professor Jayashri Kularni
12.15-12.30pm	Q&A

Time	Session
12.30-1.30pm	Lunch break
	Session 3 – What we don’t know about menopause – learning from lived experience Chaired by Dr Jo O’Reilly
1.30-1.50pm	Effect of menopause on carers Dr Faith Ndebele
1.50-2.10pm	Expert by experience and training Dr Nadira Awal
2.10-2.30pm	Menopause and Mental Health in the public eye Kate Muir
2.30-2.45pm	Q&A
2.45-3.15pm	Afternoon break
	Session 4 – Is menopause overmedicalised? Chaired by Dr Catherine Durkin and Dr Philippa Greenfield
3.15-4.00pm	Panel discussion: Is menopause overmedicalised? Dr Rachel Gibbons, Katherine Cannon and Dr Sophie Behrman
4.00-4.15pm	Closing remarks – Dr Trudi Seneviratne