



How to talk to your loved ones about going through menopause

Maven is here for you through all the ups and down of menopause—including talking to the people you love about what you're going through. Sometimes it can be hard to get the help you need from your family or partner and share details about your health.

Maven Mental Health Provider LaTonya Washington says involving your family in the conversation can be critical—the more they know about what you're going through, the more supportive they can be.



LaTonya Washington

Mental Health Provider
14 years of experience

Today's availability

10:00 AM

10:30 AM

11:00 AM

11:30 AM

 Watch video bio

Sub-specialties

Postpartum, Relationships, IVF/IUI support,

Plan a family meeting

We get it, talking about menopause to your family may be the last thing you want to do. But being open about this time in your life can really help. When you sit down together, explain what menopause is, how you're feeling, why you'll need more rest/help around the house, etc. Be open to answering any questions they have, too.

Bring your partner or family member to your doctor's appointment

Another option is to invite your partner or family member to attend an appointment at your doctor's office or a virtual appointment with one of Maven's menopause experts. "They can better understand the challenges that you are facing, changes to anticipate, and how to best support you," Washington says.

Ask for their support

It can be tough to ask for what you need from your family, especially if you're used to being the one in the caregiving role. Washington recommends using "I" statements. "It allows you to express ownership of your feelings and to voice what you need without accusing the other person," she says. For example, "I feel good when I hear you expressing concern about my well-being."

Maven can help you through every stage of menopause

Thankfully, you're not going through this alone. Get virtual support on Maven to help you:

- Manage mood swings, stress, and anxiety
- Find menopause treatment guidance
- Communicate with loved ones and colleagues about what you need

Join Maven today for free

Visit mavenclinic.com/join/menopause-communication or scan the QR code to get the free menopause support you need today!

