

Menopause Cognitive Behavioural Therapy (CBT)

Annual Support Line customers can access a tailored Cognitive Behavioural Therapy solution for people experiencing menopause symptoms.

Who are Rightsteps?

Rightsteps are a social enterprise and charity that have provided health and social care for almost 60 years. The team is made up of a qualified and clinically experienced management team that includes clinical psychologists, CBT Therapists, and counsellors.

What is menopause CBT?

- ✔ To manage problematic symptoms such as hot flushes and night sweats
- ✔ Effective strategies for managing anxiety and depression
- ✔ Functional ways to reduce stress and overly negative thoughts that can make symptoms worse
- ✔ How to build your support network, find a relaxation routine and practise mindfulness

How do I access Menopause support with Rightsteps?

To access CBT and support for menopause with Rightsteps, simply call the helpline and tell us some more details about the problems you're facing. Our team will ask a few questions, and we'll get you the support you need.