



**MEDIA RELEASE**                      **World Menopause Day: PSA calls for workplace awareness of women's health**

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The Public Servants Association (PSA) stands in solidarity with the global community in observing World Menopause Day, an important initiative aimed at raising awareness of the challenges women face as they approach, experience, and transition through menopause.

The associated and often-overlooked health concerns, impact on millions of women. These include a substantial number of public-sector employees. Menopause is a natural stage in a woman's life, but symptoms can be physically and emotionally taxing, with an impact on work performance and overall well-being. Women going through menopause may experience, amongst others, fatigue, anxiety, and memory lapses. Employers must recognize these challenges and cultivate a work environment that fosters understanding and support.

The PSA advocates for the development of comprehensive workplace policies that address the needs of women in general. Such policies could include flexible work arrangements, access to appropriate healthcare resources, and the promotion of open dialogue about menopause, free from stigma and discrimination.

On World Menopause Day, the PSA calls on all employers to take proactive steps in supporting employees during this significant life transition. By creating inclusive and accommodating workplaces, employers can ensure that women continue to thrive in their roles without compromising their health or dignity. The PSA continuously advocates for inclusive, empathetic, and supportive workplaces to ensure the well-being of employees.

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