



Endorsed resource – Cognitive behaviour therapy for menopausal symptoms: information for GPs and health professionals

Implementation support

Published: 28 February 2017

Last updated: 1 February 2020

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The [British Menopause Society](#) has published a [quick reference leaflet](#) for healthcare professionals, which supports the recommendation for the use of cognitive behaviour therapy as a treatment option for the management of psychological symptoms (low mood and anxiety) associated with menopause, as detailed in the [NICE guideline on menopause](#).

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