

## **Black, South Asian, LGBTQIA+ and inclusive menopause support**

Menopause is not a single, universal experience. For Black women, South Asian women, LGBTQIA+ people, people with disabilities, and those with specific medical conditions, the transition may come with different barriers, cultural expectations, or gaps in representation.

This guide signposts inclusive and identity-specific menopause resources to help you find support that reflects your lived experience.



Please note that we do not control the content of external sites, and inclusion does not imply endorsement.

### *What you might notice:*

You may feel that mainstream menopause information does not reflect:

- your cultural background
- your gender identity or sexual orientation
- your health conditions or disability
- early menopause or Premature Ovarian Insufficiency (POI) experiences
- the social or family expectations around discussing menopause

You may also feel isolated if you don't see your story represented in public conversations, healthcare language, or educational material.

### *What may help:*

Connecting with communities who share your identity or lived experience can help you feel validated, supported, and understood.

You may find it helpful to:

- join online groups or safe-space communities
- listen to podcasts featuring people like you
- explore books written from your community's perspective
- follow advocates who speak openly about inclusive menopause



- use resources tailored to POI, surgical menopause, LGBTQIA+ menopause or disability

*Reach out for support if:*

- your experience feels overlooked or misunderstood
- cultural expectations make it difficult to talk about menopause
- you need identity-specific information (e.g., POI, LGBTQIA+, disability-related)
- you feel unsupported by general advice
- stigma or silence within your community is affecting your wellbeing

Support may come from clinicians, advocates, peer groups, or others who understand your identity and context.

*Questions you may want to ask a clinician:*

- How might my cultural background, identity, or medical history affect my menopause experience?
- Are there treatments or approaches that should be tailored to my circumstances?
- What support exists for people from my community with menopause or perimenopause?
- How can my experiences (e.g., POI, surgical menopause, disability, LGBTQIA+ identity) shape my care options?
- Can you signpost me to specialist resources or inclusive support groups?

**South Asian menopause support**

- Dr Nighat Arif - GP specialising in women's health; discusses why menopause can feel harder for South Asian women
- Madhu Kapoor (M for Menopause) - Talks about her difficult menopause journey and cultural challenges
- Dr Devika Patel - Explores how perimenopause and menopause uniquely affect South Asian communities



- Dr Shashi Prasad - An Indian Hindu GP in the UK discussing South Asian menopause experiences
- Cysters is a grassroots charity that provides inclusive, community-led support for menopausal health

### **Black Women menopause support**

- Black Women in Menopause - Offers free events with specialists and has a private Facebook group offering community
- Premature Ovarian Failure / POI (Blossom) - Anita Elawure's platform supporting women with Premature Ovarian Insufficiency
- Black and Menopausal: Intimate Stories of Navigating the Change
- A Woman's Choice: Navigating Early Menopause - by Natalie Campbell. This book offers a brave and candid account of entering menopause earlier than expected
- More Than My Menopause - by Vonayi Nyamazana. A culturally grounded, empowering memoir for Black African women navigating menopause
- Black Menopause and Beyond - UK-based personal reflections from Anita Powell
- Menopause Whilst Black - Hosted by Karen Arthur; conversations with Black British women about menopause
- Black Girls' Guide to Surviving Menopause - US podcast centring Black women and femmes over 50

### **LGBTQIA+ and Queer menopause support**

- Queer Menopause - Resources and community for queer, trans, and non-binary people: <https://www.queermenopause.com/resources>
- All-Gender Peri/Menopause (Facebook) - Inclusive community run by Heather Corinna
- People Who Menstruate - Stories about menstruation, pregnancy and menopause from intersex, non-binary, and trans men



- What Fresh Hell Is This? – Inclusive perimenopause & menopause guide (UK edition available)
- Genderqueer Menopause: Navigating Menopause for Trans, Gender-Nonconforming, Genderfluid, and Other Queer-Bodied Folx – Lasara Firefox Allen, MSW
- The Genderqueer Menopause Coach Podcast hosted – Lasara Firefox Allen, MSW

### **HIV and menopause**

- Sophia Forum – Guide to Menopause for Women Living with HIV, offering tailored information and support

### **Disability and menopause**

- Disability Menopause – Private Facebook group for disabled people whose health conditions may shape their menopause experience
- What Is Menopause? – A guide for people with autism, learning disabilities, or additional needs

### **ADHD, neurodivergence and menopause**

- This article explains how neurodivergence and menopause can interact in complex ways <https://alipress.uk/2025/02/08/neurodivergence-and-the-menopause-what-you-need-to-know/>
- This Think ADHD resource explains how hormonal changes during perimenopause and menopause can intensify or reveal ADHD symptoms <https://thinkadhd.co.uk/adhd-and/adhd-and-menopause/>
- [ADHD Guide to perimenopause pdf](#)



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

