

About The All-Party Group

The All-Party Group (APG) on Mental Health has been investigating the mental health and wellbeing impacts of menopause to amplify the lived experience of women across Northern Ireland, map existing services and supports, and identify clear recommendations.

All-Party Groups provide a forum in which MLAs, external organisations and individuals can meet to discuss shared interests in a particular cause or subject. For this inquiry, the APG invited written submissions via a public survey, which ran from November 2024 to March 2025, and held three oral evidence sessions

**Written by Kate Richardson and Courtney Girvin
(AWARE NI, APG Secretariat)**

Data analysis by Mary Murphy

Thank you to Mary Murphy for all your hard work analysing the survey data, we couldn't have put this together without you.

To everyone who took part in the survey, thank you for your time, honesty, and for sharing your personal experiences. Your voices have been vital in shaping this work.

