**How to use menopauses resources for Aboriginal and Torres Strait Islander women**

**Jess:** Hi, my name's Jess. I'm a nurse at Jean Hailes for Women's Health. In this video, I'll explain how to use the resources developed in partnership with Aboriginal-led health organisations on the topic of menopause. These include a hard copy flip book, PDF or PowerPoint presentation, and a booklet for health professionals working with First Nations women.

These resources explain what menopause is, why it happens, how to deal with menopausal symptoms, and how to stay healthy during and after menopause. All of these are available to download on the Jean Hailes website.

The flip book can be used in group sessions and one-on-one consultations. You may choose to deliver the full presentation, or just a few slides, depending on the type of session. The time required to deliver a presentation depends on the needs of the audience. Allow about 20 to 40 minutes to deliver the whole presentation.

If you have a printed version, like the one in this video, we recommend that you present each page, and follow the facilitator notes behind the presented page. If you're presenting digitally, using the resource as a PDF or PowerPoint presentation, we recommend you display the slides, and follow the prompts in the presentation notes for each slide.

We really hope these resources are useful in your work with Aboriginal and Torres Strait Islander women. If you have found these resources useful, please feel free to share them.

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**Information about Jean Hailes for Women’s Health**

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the health of all women, girls and gender-diverse people. For free, evidence-based and easy-to-understand health information, visit [www.jeanhailes.org.au](http://www.jeanhailes.org.au).

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