

Not Feeling Like Yourself?



Struggling with **low mood, anxiety, brain fog, or poor sleep?**

You're not alone. Many women in their 40s and 50s experience emotional and physical changes — even before their periods stop.

We're running a Melbourne-based clinical study exploring treatment options for these symptoms in women going through midlife-related changes in mood.

You may be eligible if you:

- Are aged 45–60
- Are feeling flat, irritable, **anxious**, or unlike yourself
- Are not currently taking antidepressants or hormone therapy

What's involved:

- **Free health assessments**
- **12-week treatment** using either hormone therapy or an antidepressant
- **Supervised care** from a dedicated women's mental health team
- **Compensation** for travel costs

SCAN ME



Interested?

Scan to see if you're eligible — it's quick and confidential

 www.maprc.org.au

 03 9076 5031

 participate.maprc@monash.edu