

mission: empowerment!

WORKSHOPS AND EVENTS THAT EDUCATE, INSPIRE AND EMPOWER

presents

Perimenopause, Menopause & Mental Health: What Counsellors & Clinicians Need to Know

With Judy Gardiner, NP

February 27, 2026

Instructor Biography

Judy Gardiner, NP

Judy Gardiner is an Ontario-based Nurse Practitioner with training in Emergency Medicine, Primary Care, Heart Disease, and Midlife Men's and Women's Health. She is the Medical Director of the *Stratford Menopause Clinic* and also operates private midlife health clinics for both men and women.

Judy's passion for menopause care arose from personal experience. After facing severe symptoms and repeated barriers to treatment, she was finally granted a referral in June 2023 to a provider willing to discuss hormone therapy - a referral that is still pending. Undeterred, Judy transformed her frustration into advocacy and action. Since then, she has become *Menopause Society Certified*, completed advanced training in *Testosterone Therapy*, opened two midlife health clinics, and become a sought-after educator and advocate for improved access to care. She also served as a *Top Expert Group Member* in the *Centre for Effective Practice's Menopause Tool* for healthcare providers, which has now been published.

With over 20 years in nursing, Judy describes this chapter - improving midlife health and access to care - as the most fulfilling of her career. She believes sharing her expertise to support others is both an honour and a privilege.

For more information, visit www.judygardinernp.ca.

**PERIMENOPAUSE,
MENOPAUSE and
MENTAL HEALTH**

JUDY GARDINER
Nurse Practitioner
Women's Clinic Medical Director

Brought to you by Mission Empowerment

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Menopause & Mental Health
NP JUDYG: A BRIEF BIO

EDUCATION

- Conestoga College x 2
- Metropolitan University
- Athabasca University
- Menopause Society
- Harvard School of Medicine
- Queen's University
- Cdn Headache Society
- Int'l Menopause Society

CAREER

RN 2004-2019

- SGH ED
- SGH ED Charge Nurse
- Project Lead +++

NP 2019-

- Primary Care
- Heart Disease
- Men's & Women's Midlife Health
- National Menopause Show
- CEP Menopause Tool Expert Group Member
- Founder 2 Midlife Health Clinics
- Education & Advocacy

AWARDS

- Healthcare Inspiration
- Exceptional Care
- Heart Disease Clinic (NP Lead)

Judy Gardiner
Midlife Health Nurse Practitioner

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Menopause & Mental Health

SETTING THE SPACE

Open Minds | Safe Learning

Focused Attention

DISCLOSURE

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Menopause & Mental Health
GPS HEALTH CLINIC

THE OVERVIEW

NATURAL
INDIVIDUAL
PROFITABLE

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GPS HEALTH CLINIC

THE CONNECTEDNESS

CULTURAL
BIOLOGICAL
PSYCHOSOCIAL

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GPS HEALTH CLINIC

THE STAGES OF MENOPAUSE

PERIMENOPAUSE

I just don't feel like myself

HORMONAL CHAOS

DISRUPTIONS IN SEVERAL PARAMETERS OF HEALTH AND WELLNESS

MENOPAUSE

I've never been happier

HORMONAL CONSISTENCY (lower than fertile years)

DISRUPTIONS SETTLE BUT CHRONIC DISEASE PROGRESSES

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Menopause & Mental Health

GPS
HEALTH CLINIC

SYMPTOM RELIEF

THERAPIES

- counselling
- therapy: CBT-A, CBT-i, DBT
- physiotherapy, osteopathy,
- light therapy
- acupuncture



MEDICATIONS

Hormone Therapy

- systemic vs local
- estrogens & progestogens
- sexual health medications
- birth control vs MHT
- compounded



Non-Hormone Therapy

- SSRIs/SNRIs
- Gabapentinoids
- NK3RAs
- DORAs



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HEALTH CLINIC

SYMPTOM RELIEF

PROCEDURES





SURGERIES

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HEALTH CLINIC

BRAIN CHEMISTRY

MENOPAUSAL CONSIDERATIONS

STRESS



ESTROGEN

SEROTONIN

DOPAMINE

TESTOSTERONE

SUBSTANCE USE

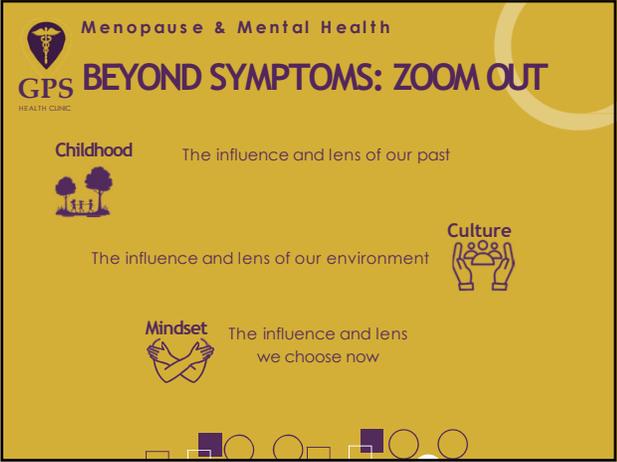


CAUTION: AVOID BLAMING EVERYTHING ON MENOPAUSE. THERE ARE MANY, CAUSES FOR SYMPTOMS THAT OVERLAP W MENOPAUSE

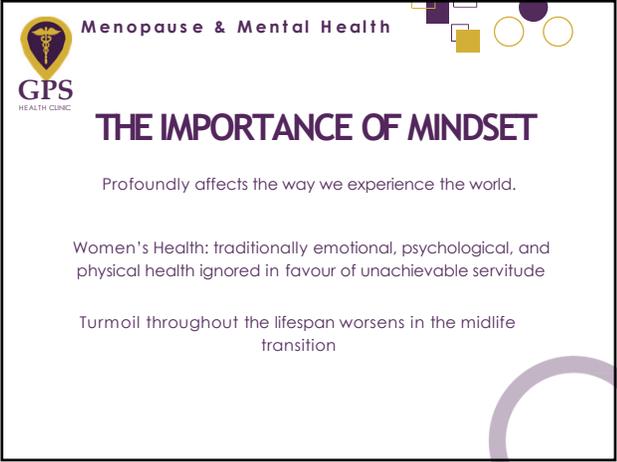
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GPS HEALTH CLINIC

THE IMPORTANCE OF MINDSET

Profoundly affects the way we experience the world.

Women's Health: traditionally emotional, psychological, and physical health ignored in favour of unachievable servitude

Turmoil throughout the lifespan worsens in the midlife transition

PERIMENOPAUSE

inferior
ugly
fat
dumb
moody

→

MORE inferior
uglier
fatter
dumber
moodier

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Menopause & Mental Health

GPS HEALTH CLINIC

THE IMPORTANCE OF MINDSET

Many menopausal Women reject traditions and prioritize emotional, psychological, and physical health.

STRIVE

inferior
ugly
fat
dumb
moody

→

capable
beautiful
healthy
intelligent
passionate

HCPs

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Menopause & Mental Health

GPS HEALTH CLINIC

FOUNDATIONS OF HEALTH

SIGNIFICANT INFLUENCES

sleep exercise nutrition
purpose connection STRESS mgmt

Nothing replaces these
All Care Plans are Better with these
Many Care Plans are ONLY these

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Menopause & Mental Health

GPS
HEALTH CLINIC

FOUNDATIONS OF HEALTH
SIGNIFICANT INFLUENCES

- Education
- Quality
- Quantity
- Timing
- Rest

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HEALTH CLINIC

PROVIDERS AS ADVOCATES

A PATIENT WHO CAN

- ACCEPT
- IDENTIFY
- CREATE
- COLLABORATE
- PIVOT

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Menopause & Mental Health

GPS
HEALTH CLINIC

NAVIGATING PROVIDERS

PROVIDERS AND INFLUENCERS ARE OFTEN PROFITEERS

MULTIDISCIPLINARY CARE IS REQUIRED BUT WITH CAUTION

- DO NOT TRUST
simply because of a credential or education.
- DO NOT RELY
solely on medications and supplements

unreasonable, excessive, or unfair profits, typically by charging high prices for essential or scarce goods/services

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Menopause & Mental Health

GPS HEALTH CLINIC

FINAL PERSONAL REMARKS

THE MENOPAUSE TRANSITION
 natural, not pathological
 a journey of privilege
 a phase of opportunity
 multifactorial

WE CAN serve our families/communities AND look after our health.

The time is now for us to
 Educate 📖 Advocate 🗣️ Pivot 🔄

WE STRIVE TO THRIVE AND WE DO IT TOGETHER







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QUESTION & ANSWER

no personal medical advice questions please

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 <https://www.judygardinemp.ca/>

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