

CONSTITUENT QUESTION

House of Assembly

ASKED BY: Janie Finlay MP

ANSWERED BY: Hon Bridget Archer MP
Minister for Health, Mental Health and Wellbeing

QUESTION:

My constituent question is from Leigh in Launceston, who says: so many of my friends are all paying for medical care, myself included, to find out about perimenopause and menopause the hard way.

Costly misinformation, expensive processes and poorly timed information, impact extenuating on neurodivergent women, impacting mental health care, bone density, osteoporosis, obesity, heart disease, and family relationships from people as young as 30 years old.

Is there an opportunity to have some small women's forums to get more information out there, like a question-and-answer session, and some open sessions where men are welcome to gather information and education, as the cost of menopause and perimenopause impact not just women?

ANSWER:

The Tasmanian Government is committed to supporting women through every stage of their life, with a growing range of supports available through both state-funded services and Australian Government initiatives.

We thank your constituent for raising this issue and agree that small women's forums may be worth pursuing. I have asked the Department of Health for advice on progressing this initiative and would welcome your input to develop this further.

In the interim, please see below information that may assist your constituent on what services and supports are currently available.

Tasmanian supports and initiatives

The Tasmanian Government is making a significant investment in women's health, including menopause and perimenopause care, to improve access to information, support and clinical services across the State. This includes community education, primary care and specialist services. Specific initiatives are through:

1. **Women's Health Tasmania (WHT):** Received \$1,044,729 (excluding GST) in 2025–26 to deliver health promotion and allied health services, information and advocacy, research and development, capacity building and sector development. It offers menopause workshops that are discussion-based, peer-oriented and co-designed with local women, along with podcasts and community education sessions that provide a forum-style environment for sharing experiences and asking questions.
2. **Family Planning Tasmania (FPT):** Receives \$1,920,122 (excluding GST) in 2025–26 to deliver women's health services in Burnie, Launceston and Glenorchy, as well as outreach services. FPT also receives Australian Government funding through Primary Health Tasmania, including operation of an endometriosis and pelvic pain clinic. Services include menopause assessment and management, which may involve hormone therapy, medication, lifestyle advice and treatments to manage symptoms.
3. **Tasmanian public hospital outpatient services:** Public gynaecology outpatient clinics across Tasmania provide specialist care for menopause-related conditions, including premature or surgical menopause, complex cases, or symptoms not responding to treatment.
4. **The Bubble, Launceston:** The 2025–26 State Budget provided \$3.8 million to expand The Bubble, a dedicated women's health clinic in Launceston. The expansion will increase access to integrated services for women and girls of all ages, including menopause care. A new Brisbane Street site was secured in January 2026, with refurbishment underway and services expected to commence later this year.

5. **Ochre Health St Helens Women's Health Clinic:** Receives \$100,000 in 2025–26 to support a female GP-led women's primary health clinic at Ochre Health St Helens, operating two days per month.

National supports and initiatives

The Tasmanian Government is working in partnership with the Australian Government and Primary Health Tasmania to ensure Tasmanians benefit from national initiatives, including:

1. **Australasian Menopause Society (AMS):** The peak body for menopause in Australia, providing a national, evidence-based information hub for both health professionals and the public. It offers a wide range of free resources, including fact sheets, videos and tools, as well as a directory to help women find clinicians with expertise in menopause care.
2. **Jean Hailes for Women's Health:** Provides national, government-funded menopause information, including fact sheets, webinars and resources for both women and their partners. It also offers practical tools, such as a menopause symptom checklist to support discussions with a GP.
3. **National awareness campaign for menopause and perimenopause:** The Australian Government launched Australia's first national awareness campaign this year to improve understanding, reduce stigma and support and encourage women to seek care earlier.
4. **Expanded clinic support for menopause and perimenopause:** Endometriosis and pelvic pain clinics are being expanded nationally to include menopause and perimenopause support from July 2026, supported by \$19.6 million in Australian Government funding over three years. In Tasmania, one clinic is being delivered through Family Planning Tasmania via Primary Health Tasmania.
5. **Medicare rebates for menopause and perimenopause health assessments:** From 1 July 2025, the Australian Government introduced new Medicare rebates enabling longer GP consultations focused on menopause and perimenopause care.
6. **PBS listing of menopausal hormone therapies:** Three menopausal hormone therapies have been added to the Pharmaceutical Benefits Scheme to help reduce treatment costs.
7. **Workforce training in menopause and perimenopause care:** The Australian Government funds free training for GPs, nurses and midwives through Jean Hailes for Women's Health and the Australasian Menopause Society, including accredited online courses.
8. **National menopause and perimenopause guidelines:** The Australian Government is funding the development of Australia's first national menopause and perimenopause guidelines. Work is underway following a national tender process that closed in November 2025, with guidelines expected by mid-2028 to support clearer, more consistent care for women.

9. **Menopause-friendly workplaces:** Free workplace resources are available to help organisations better support staff experiencing menopause, including the Menopause Information Pack for Organisations <https://www.menopauseatwork.org/about>, a free, open access suite of resources to help workplaces support menopausal transition informed by internationally recognized research. The Australasian Menopause Society also offers workplace training to build more inclusive and supportive workplaces.

Primary care plays a central role in supporting women through menopause and perimenopause, providing continuity of care, early guidance, and ongoing management. I encourage anyone with questions regarding menopause or perimenopause to contact their General Practitioner for initial advice.



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Date: 15 April 2026