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Episode #4: Mental Health During Midlife Transitions

Title: Unmasking Mental Health: Navigating Midlife with Resilience and Support

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Mental Health Resources for Midlife Women

◆ Crisis & Immediate Support

- **988 Suicide & Crisis Lifeline** – Dial **988**
Free, 24/7 confidential support for people in distress. Offers specialized help for women, caregivers, and older adults.
<https://988lifeline.org>
- **Crisis Text Line** – Text **HELLO** to **741741**
Free, 24/7 support from trained crisis counselors via text.
<https://www.crisistextline.org>

Mental Health & Midlife-Specific Organizations

- **The Menopause Society**
Offers mental health resources related to perimenopause, menopause, and aging.
<https://www.menopause.org>
- **IAMPD** (International Association for Premenstrual Disorders).
<https://www.iapmd.org/>
- **National Alliance on Mental Illness (NAMI)** – Women's Mental Health
Community support, education, and resources tailored to women's mental health.
<https://www.nami.org>
- **Women's Health.gov – Mental Health** U.S. Office on Women's Health resource hub for midlife mental health topics like anxiety, depression, and mood changes during menopause.
<https://www.womenshealth.gov>
- **Office of Research on Women's Health** - National Institutes of Health (NIH) – resource on women's health
<https://orwh.od.nih.gov/>

Mind-Body & Integrative Support

- **Center for Mindful Self-Compassion**
Offers free meditations and courses that support emotional resilience, especially for women navigating life transitions.
<https://centerformsc.org>
 - **The Center for Women's Mood Disorders (UNC)**
Research-based info and treatment programs related to hormonal mood shifts, PMDD, perimenopause, and more.
<https://www.med.unc.edu/psych/wmd/>
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