

Guest Lecture

‘Perimenopause and Mental Health: Understanding Risk, Resilience and Wellbeing’

By: Dr Lydia Brown

Friday, 23 October 2026
02:00pm to 4:00pm (Jakarta time)

Indonesian graduates and scholars of Australian tertiary institutions who are interested in attending this event, please RSVP by Wednesday, 21 October, via this link: <http://oz.link/rsvpGL23OCT>

**Due to the limited availability of places, early registration is recommended. A link to this event will be shared with you after registration.*

Lecture overview

Perimenopause involves significant hormonal changes and bothersome symptoms that may increase the risk of depressive symptoms and/or disorders among vulnerable groups of women. However, not all women experience mental health or other health-related symptoms during this transition. Emerging research on risk and resilience factors is helping to advance our understanding of who may be most vulnerable, with important implications for risk stratification, prevention and targeted treatment.

In this session, Dr Brown will provide an evidence-based update on menopause and mental health, with a focus on the practical application of emerging research. The session will explore evidence-based treatment approaches and strategies to support mental health during the menopausal transition across workplaces and communities.

Dr Lydia Brown is a Clinical Psychologist and Senior Lecturer in Clinical Psychology at the Melbourne School of Psychological Sciences, The University of Melbourne. Her research focuses on understanding and promoting wellbeing during the menopausal transition and beyond, with a particular emphasis on self-compassion as a protective factor. In 2024, Dr Brown was the lead author of a Lancet series paper on menopause and mental health. She currently serves on the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) Menopause Guideline Development Committee, where she contributes her psychological expertise to the development of clinical practice guidelines.



★ / **Dr Lydia Brown**
Clinical Psychologist and
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