

Menopause & Mental Health

Counselling support for women in British Columbia

Esther Kane, MSW, RCC is a Registered Clinical Counsellor and psychotherapist based in Victoria, BC. She provides individualized counselling for women navigating the emotional and psychological challenges of perimenopause and menopause. Her services are available online to clients throughout British Columbia.

When counselling may be helpful

Consider sharing this resource with women experiencing:

- Anxiety, overwhelm, or difficulty managing stress
- Low mood, emotional changes, or reduced self-confidence
- Challenges with identity, relationships, or life transitions
- Difficulty setting boundaries or prioritizing their own needs
- Heightened sensitivity to emotional and environmental stressors

Approach to care

Esther offers a warm, supportive space for women to explore their experiences, better understand their emotional responses, and develop practical strategies for coping and self-care.

Her counselling can complement medical assessment and treatment; it is not a substitute for medical care.

How to share this resource

Healthcare professionals are welcome to direct interested patients to Esther's menopause counselling page to learn more and contact her directly. No formal referral arrangement is required.

Learn more / client enquiries

<https://www.estherkane.com/menopause-counselling-for-women-in-british-columbia-bc/>

Victoria, BC | Online counselling throughout British Columbia