

Support for the emotional health of new mums at every step

Connecting mums quickly with the level of support they need, MumSpace currently offers:

- Essential skills in the transition to parenthood with easy access to leading Australian resources and mobile apps for all new parents
- MindMum a new app developed to assist with emotional wellbeing in the perinatal period, when mums need 'a little extra help'
- MumMoodBooster an effective online treatment program for perinatal depression and anxiety.

MumSpace is suitable for mums-to-be, new mums, their partners and as a resource that healthcare professionals can refer their clients to.

Consortium Partners

The Perinatal Depression e-Consortium is a group made up of leading Australian perinatal maternal health experts led by the Parent-Infant Research Institute (PIRI) and includes Perinatal Anxiety and Depression Australia (PANDA), Queensland University of Technology (QUT), Jean Hailes for Women's Health and Monash University.



With funding by the Australian Government .

MUM space

Support for the
Emotional Health
of New Mums,
at every step

mumspace.com.au



Online Treatment

for Perinatal Depression and Anxiety

When you need a little extra help

online supports and mobile Apps

For All New Parents

online supports, resources and apps