



www.piri.org.au



Benefits of PIRI's online perinatal mental health programs

Digital tools work for anyone, anywhere!

Parents value being able to use them:

- when they need it (immediate and available 24/7)
- as a complement or alternative to face-to-face therapies
 - as a first step towards seeking help
 - if they are concerned about stigma and privacy
- if access to face to face services is limited (eg rural and regional areas).

MumMoodBooster

For mums with depression and anxiety the MumMoodBooster (MMB) **self-help personalised interactive** treatment program is **highly effective**.

- MMB has useful strategies for all mums
- MMB is free and funded by the Australian government
- Telephone coaching is offered for those who score high on the EPDS.

How and when to use MMB

After screening: current guidelines suggest further assessment and appropriate support is needed for EPDS greater than 13

Clinician Portal: MMB is your program. Refer mums and monitor their progress through your own portal.

MMB is housed within the **MumSpace website** where a range of universal tools is available for all mums: MindMum, What Were We Thinking and BabySteps.

MumSpace can be recommended to parents in addition to usual referral pathways.

MUM
space
www.mumspace.com.au



DADBOOSTER

For dads with depression, this world-first **evidence-based** online treatment program is being evaluated and is open for recruitment.

Refer dads to the DadBooster study.
www.dadspace.com.au/dad-booster-study

DadSpace provides a range of information and interventions to support for the emotional health of dads who are expecting or have a new baby.

Health Direct
Information Partner
and evaluated in 2
randomized trials.
Effectiveness parallels
face-to face CBT.



DADSPACE
www.dadspace.com.au

