MUM space

Digital Resources for Perinatal Depression and Anxiety

Providing support for the emotional health of new and expecting mums.

The Parent-Infant Research Institute (PIRI) know what it's like to need support, particularly when coping with Perinatal Anxiety and Depression.

With MumSpace, you can access supports that are suitable for all new parents, a little extra help when you need it, and online treatments for anxiety and depression. You never have to feel that you are alone.

www.mumspace.com.au

Parent-Infant Research Institute

Perinatal Depression e-Consortium

Austin HEALTH

The Parent-infant Research Institute
Austin Health, Heidelberg, Victoria 3084
T: (03) 9496 4496
E: piri@austin.org.au

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Digital Resources for Perinatal Depression and Anxiety

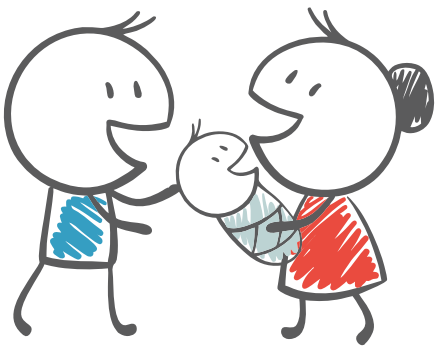
About MumSpace

MumSpace is Australia's new one-stop website supporting the mental health and emotional wellbeing of pregnant women, new mums and their families.

MumSpace is designed to connect you quickly with the level of support you need, from advice and support in the transition to parenthood, to effective online treatment programs for perinatal depression and anxiety. The resources on MumSpace will help you 'step-up' to whichever level of support suits you best. MumSpace is also a resource for your healthcare professional.

The online resources and apps available through MumSpace are evidence-based and have been evaluated by the PDeC partners in research studies conducted here in Australia.

The mental health information in our resources is provided by appropriately trained and qualified professionals, who are members of the Perinatal Depression e-consortium (PDeC).



Parent-Infant Research Institute

Austin Health

Parent-Infant Research Institute (PIRI)

PIRI is a vigorous and innovative Australian research institute committed to supporting all parents and their babies (conception to 2 years), including those with vulnerabilities, to have the best possible start to life. PIRI makes a unique contribution to early intervention in Australia by combining basic research and clinical expertise to address perinatal depression and other difficulties facing parents and infants. PIRI is a part of Austin Life Sciences, based at Austin Health, Melbourne.

Perinatal Depression e-Consortium

PDeC Partner Organisations

MumSpace is brought to you by the Perinatal Depression e-Consortium (PDeC), led by the Parent-Infant Research Institute (PIRI) in partnership with Perinatal Anxiety and Depression Australia (PANDA), Monash University, Jean Hailes for Women's Health and Queensland University of Technology.

Led by PIRI, the five consortium partners are leading experts in perinatal mental health in Australia. PDeC has editorial control of MumSpace website content development and review. Professor Jeannette Milgrom (piri@austin.org.au) is responsible for editorial oversight of MumSpace.

MUM space

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

Self Assessment Help

Self Assessment Tools

All new parents experience times when being a parent is challenging. Some parents find that information or tips are enough to help them through those times; others feel they need more support to manage, and want to use a web program or app that helps them learn skills and develop plans. Sometimes a supporter or therapist is needed in addition to online resources.

Our approach helps parents decide what support they want and need. Then, if they try one online resource and find they need more, they can select something that gives more help. If they need less support, we may have an option that will suit them better.

MumSpace.com.au provides access to website programs, apps and a blog that give ideas to help new parents enjoy their role and cope with the challenges it brings.

MumSpace provides help and support for the emotional health of new and expecting mums.

- MumSpace help during COVID-19
- Tips for Coping with Anxiety of COVID-19 during Pregnancy and Following Birth
- Tips for Coping with Social Isolation During Pregnancy and After Having your Baby
- Support for Mums and their Partners
- Learn about the causes and symptoms of perinatal depression
- Rate Your Own Mood and Emotions
- Helpful tips for the transition to parenthood
- Download resources for pregnant women, mums and health professionals
- Information about other services and urgent help for new parents

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

Essential Skills For All New Parents

What Were We Thinking (WWWT)

As parents navigate the highs and lows of parenthood, the **What Were We Thinking**! interactive website, mobile app and parenting blog give new mums and dads the knowledge, skills and reassurance to parent with confidence.

Information on essential age and stage related topics to help build confidence include A New Reality; Crying, Settling, Sleeping; Every Baby is Different; Growth and Development; In This Together and Your Needs.

These resources offer all new parents free access to evidence-informed, tried and tested parenting advice from leading Australian experts.

Learn ideas to promote confidence and reduce distress

What Were We Thinking! offers new parents two useful tools, the evidence-based What Were We Thinking! program from which a professionally moderated parenting blog and a free mobile app, have been derived and adapted. This Australian program helps new mums and dads learn practical skills for settling babies and adjusting to changes in their relationship with each other.

Learn more about:

- Strategies for sleep and settling
- Ways to manage crying
- Establishing a Feed-Play-Sleep routine
- Communicating your needs
- Sharing the workload fairly
- Avoiding arguments and criticism

Baby Steps

The website Baby Steps, can help new parents enjoy parenting and be prepared for challenging situations and manage their wellbeing. It includes babycare tips and information to promote wellbeing and manage relationships.

It is not just an information website but encourages action and recording of good times.

Learn more about caring for your baby or yourself

Baby Steps is a free online program that aims to enhance the wellbeing of new mums and dads. Baby Steps was written for people having their first baby, but can be used by anyone with a young baby who wants to learn more about caring for their baby or themselves.

The Baby Steps online programs:

Babycare provides information on childcare issues:

- Getting prepared for the arrival of an infant
- Feeding –breastfeeding, formula feeding, and combined feeding
- Improving baby's sleeping habits
- Soothing a crying infant.

It also helps parents look after the wellbeing of themselves and their family, with topics on self-care, looking after each other as a couple, making the most of time with their baby, and adjusting to changing roles. There is a special section especially for fathers.

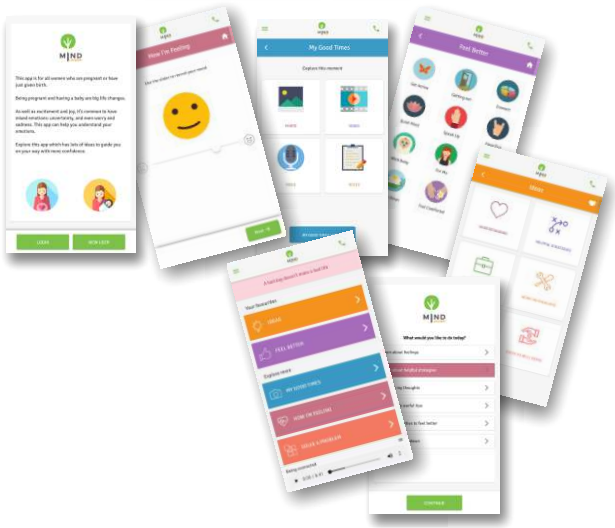
Parents are encouraged to make plans to try out ideas, and take photos to remind them of good times with their baby.

MindMum App

The MindMum App is designed to assist expectant and new mothers with the emotional challenges that this time of life often brings. MindMum provides effective strategies to help you lift your mood, strengthen your relationships and feel supported and confident in becoming a mum.

MindMum helps you manage stress, stay positive and fulfilled and deal with life's ups and downs. MindMum provides strategies to address issues affecting mood, relationships and parenting. Access the features of the App through 6 buttons on the home screen:

- **Ideas** – a collection of tip sheets for new mums and pregnant women
- **How I'm Feeling** – an interactive mood rating tool
- **Feel Better** – a behaviour activation tool
- **Work on It** – a problem solving tool
- **My Log** – provides a space to record your good times
- **Calm** – helps you de-stress and relax through mindfulness tracks



MindMum is designed to assist expectant and new mothers with the emotional challenges that this time of life often brings. This app is full of ideas to help you to feel your best when you are pregnant or have just had a baby.

It may help you to:

- hold on to the good things
- feel better when you are sad or worried
- track your mood
- calm yourself with meditation and relaxation
- make action plans
- plan enjoyable moments with your baby, your partner, friends, or by yourself

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Online Treatment for Depression and Anxiety

Mum2BMoodBooster
MumMoodBooster

MumMoodBooster and **Mum2BMoodBooster** are evidence-based e-treatments designed to help women anywhere in Australia who are experiencing depression either during pregnancy (antenatal depression) or after the birth of their baby (postnatal depression).

Our treatment programs are based on best practice psychological treatment. They are designed to deliver the benefits of face-to-face cognitive-behavioural treatment without needing to leave your home.

Why choose MumMoodBooster?

- Proven effective in controlled scientific studies
- Rapid symptom reduction
- 80% of users are no longer clinically depressed
- Suitable for pregnant women and new mums
- Six sequential interactive sessions at times to suit yourself. Use from home or on your mobile device
- FREE to use 24 hour access 7 days a week
- Weekly SMS support
- Video vignettes and exercises to help identify and manage symptoms of depression
- Behavioural and cognitive skills
- Interactive and tailored workbook
- Highest completion rate of any PND program (over 95% of sessions completed by users)

MumMoodBooster Clinician Portal

The MumMoodBooster clinician portal enables GPs to directly refer patients to MumMoodBooster and track their progress. GPs will have secure log-in access to comprehensive baseline screening assessments, progressive summary reports and detailed patient progress.

How is it different to other online depression programs?

MumMoodBooster is the only Australian e-treatment designed and validated specifically for the clinical treatment of perinatal depression.

Unlike most e-treatments for depression, MumMoodBooster is not a series of “slides” containing text and cartoon stories with suggestions for “homework”. Instead, MumMoodBooster is an active, six-session cognitive-behavioural therapy treatment program, closely comparable to the therapy delivered in traditional face-to-face psychology sessions, but entirely under the control of the user.

It allows women to work through their own issues and develop strategies for dealing with these. Low-intensity sms messages provide regular contact, advice and encouragement to remain motivated in completing the treatment. Changes in symptoms of depression are regularly monitored throughout the program. Women can invite their partners to access a partner website with information on perinatal depression and for managing their own emotional health.

How does it work?

The treatment format is highly interactive and includes engaging, personalisable content; personalised tools for tracking mood and activities in real time; exercises and journaling activities to be completed online; behavioural strategies for personalised depression treatment; video vignettes and tutorials of cognitive-behavioural strategies; online and email reminders for session completion.