

Digital Resources for Perinatal Depression and Anxiety

Information for Health Professionals

Delivering leading online perinatal mental health resources in one place

Tens of thousands of women are affected by perinatal depression or anxiety in Australia each year. Prevention and early treatment is crucial in tackling perinatal mental health issues.

New mums and mums-to-be now have access to **MumSpace**, a government-supported website that brings together trusted online support programs and resources for the prevention and treatment of perinatal depression and anxiety.

Support for the emotional health of new mums at every step

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

- Advice and support in the transition to parenthood
- Easy access to leading Australian resources and mobile apps for new parents
- **MumMoodBooster** an effective online treatment programs for perinatal depression and anxiety

MumSpace is suitable for mums-to-be, new mums, their partners and healthcare professionals.

Why a stepped-care approach?

All new parents can benefit from support. Some will require an extra level of support while others will need more intensive treatment and monitoring. A stepped-care approach is a model of mental health care that delivers the level of support and treatment best matched to each person. MumSpace uses this model to enable women to decide which supports they want and need, and allows them to step up or step down a level as their needs change.

MumMoodBooster?

MumSpace provides access to **MumMoodBooster**, a proven effective cognitive-behavioural therapy treatment program. Available 24/7 and suitable for pregnant and new mums, it is the only online treatment program of its kind in Australia.

Research studies have shown that women who participate show rapid reductions in symptoms of depression, anxiety and stress. The program includes six online treatment sessions complemented by SMS support and can be accessed from home or mobile.

Other Resources

MumSpace also provides access to a range of evidence-based mental health support tools, apps, helplines and resources. These currently include **What Were We Thinking!** and **Baby Steps**, two prominent preventative psychoeducational supports, and links to other Australian perinatal mental health resources.

MindMum App

MindMum is the new mobile app being developed by PDeC for mums' emotional wellbeing in the perinatal period. It offers a convenient and easy tool to help new mums monitor their own mood, progress through self-paced guided activities and step up or down to online tools as needed. Download the MindMum app for free via **MumSpace** on both Google Play for Android and the Apple App Store for iOS devices.

www.mumspace.com.au



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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.



PDeC Partner Organisations

The Perinatal Depression e-Consortium (PDeC) 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), Monash University and Jean Hailes for Women's Health.

PDeC, with funding by the Australian Government, has developed MumSpace which provides a stepped-care approach to offer a one-stop-shop with free access to perinatal mental health resources and evidence-based supports.



About MumSpace

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

MumSpace is designed to connect parents quickly with the level of support they 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 parents 'step-up' to whichever level of support suits them best. MumSpace is also a valuable resource for healthcare professionals.

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).

Learn more

For further information or to access the online treatment tool and resources visit mumspace.com.au or email piri@austin.org.au

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