

Parent-Infant Research Institute News

Keeping you informed of the goings-on at PIRI.



PIRI
investing in the earliest years

Supporting parent well-being and infant development (conception to 2 years) through research and evidence based treatments.

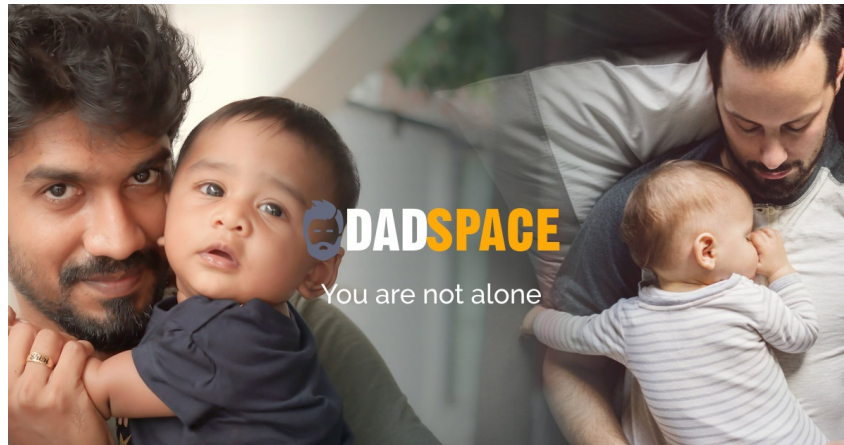
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Supporting Perinatal Mental Health Week 7 - 13 NOVEMBER 2021

1 in 5 new mums and **1 in 10 new dads** experience perinatal depression and anxiety, that's around 90,000 Australian parents each year. Now more than ever it is vital for expecting and new parents to know they are not alone and can reach out for help.

We are experiencing uncertain and unsettling times in the light of the COVID-19 pandemic. Heightened levels of stress can make it difficult for expectant and new parents to fully experience the joy of having a baby and to deal effectively with stressors and mental health concerns that can arise during this time.

Celebrating **Perinatal Mental Health Week** to increase awareness is a great step in helping expecting and new parents know they are not alone.



PIRI is excited to announce a new website - DadSpace

Becoming a dad doesn't happen overnight and doesn't happen without a fair amount of upheaval and challenges. Many Dads have spoken about the mix of feelings they have had as they plan for and take home their new baby on their journey to parenthood.

As part of our commitment to building a brighter future, The Parent-Infant Research Institute (PIRI) is excited to announce **DadSpace**, a new website dedicated to supporting fathers across Australia. DadSpace provides information, strategies, tips, resources, and support specifically for dads who are expecting or have a new baby.

[Learn more >>](#)



DadBooster, a world-first specialised online treatment

The DadSpace website also includes a call for dads who are experiencing symptoms of depression and anxiety to join our trial of our new dads online treatment program DadBooster, a world-first specialised online treatment based upon a cognitive behavioural therapy (CBT) approach.

DadBooster will address the gap in services for dads living with postnatal depression, to assist in their recovery via an online interactive program. The launch of these programs is especially timely as new evidence emerges of increased COVID-related perinatal mental health challenges and much heavier reliance on online mental health support for new parents in Australia.

[Learn more >>](#)

PIRI supports mothers, fathers and babies.

We are a not-for-profit organisation that conducts internationally recognised research and some amazing direct intervention programs which support mothers and babies. We are largely dependent on obtaining research grants, so your support will directly help us continue to offer these programs to more women and families, as well as support our critical research into early infancy, parenting and effective intervention strategies.

Your support will help.

[SUPPORT PIRI NOW](#)

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