

The Parent-Infant Research Institute (PIRI) News

Keeping you informed of the goings-on at PIRI.



Investing
in the
earliest
years

Investment in the early years is instrumental in extending the reach of perinatal mental health services to make treatment and supports available to more expectant and new parents.

The Parent-Infant Research Institute (PIRI) continues to work with government, collaboration partners and Australian families to reduce the burden of perinatal anxiety and depression and its devastating impact on young families.

PIRI is a national organisation with an international reputation for leading the field in evidence-based perinatal mental health interventions, treatments and supports. PIRI's online digital programs can supplement traditional care to broadly extend the reach of perinatal mental health services, immediately break the long waitlist cycle, and collaboratively support face-to-face and existing telehealth services.

The team at PIRI look forward to seizing opportunities to work together to meet the urgent mental health needs of Australia's newest and growing families. Below are some of our recent developments.

It has never been more crucial to invest in the earliest years to build a brighter future.

PIRI's Latest News and Developments



New Online Postnatal Depression Clinician Portal

PIRI is excited to announce a new online resource for Health Professionals supporting women with postnatal depression. Developed with GP's, for health professionals, the customised clinician portal allows direct referral of patients

to [MumMoodBooster](#), where progress can be tracked.

Through the [Clinician Portal](#), health professionals can securely access and view their patients' assessment results, monitor depression symptoms and risk. Whilst a health professional may have already screened a patient, MumMoodBooster offers an additional EPDS screening assessment.

[MumMoodBooster](#) is free, self-paced and is the only Australian e-treatment designed and validated specifically for the clinical treatment of perinatal depression.

If you, or someone you know, are experiencing symptoms of depression, you may be interested in this program.

[Find our more and register for access >](#)



PIRI Launches online interactive version of Towards Parenthood

PIRI is excited to announce expansion of its digital programs for new parents with the launch of its Towards Parenthood online interactive workbook. The online program is an evolution of PIRI's Towards Parenthood hardcopy workbook that has supported Aussie parents for more than a decade.

Going digital extends the accessibility and reach of this program and makes prevention programs, supports and treatments available to more expectant and new parents, helping to address the urgent mental health needs of Australia's newest and growing families.

[Find our more >](#)



PIRI are seeking feedback on our MindMum app

MindMum 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.

We are interested in your feedback on the MindMum experience to understand if you find the app easy use and navigate. If you haven't used MindMum yet, [download the MindMum app](#) from your app store, try it out and complete the short online survey.

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. 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.

[Provide your feedback here >](#)

PIRI's commitment

PIRI is a not-for-profit research institute which conducts international research and develops rigorously evaluated early intervention programs that enhance perinatal mental health and improve early parent-infant relationships (0-2 years). PIRI's 21-years of ground-breaking work has resulted in a suite of evidence-based programs that have and will continue to provide support to thousands of Australian mothers, children and their families.

Find out how you can help by contacting the PIRI team.

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