

The Parent-Infant Research Institute (PIRI) News

Keeping you informed of the goings-on at PIRI.



Investing
in the
earliest
years

Welcome to PIRI's June 2022 newsletter. What an exciting year it has been.

For many of our families, the first half of 2022 has been full of the joys and challenges of new parenthood experienced alongside their struggles with perinatal depression or anxiety. COVID continues to add additional challenges for all Australians as we deal with worries, uncertainty, increased isolation and disconnection from communities and support networks.

Social isolation, extended wait lists and living in remote and regional communities can sometimes make it difficult to access more traditional perinatal support services. PIRI have evidence-based programs, ready to go, that can further extend the reach of perinatal mental health services, immediately break the long waitlist cycle, and collaboratively support face-to-face and existing telehealth services.

For the past 21 years, PIRI has provided a unique contribution to early intervention by combining basic research and clinical expertise to address anxiety, depression and difficulties facing parents and infants.

PIRI's evidence-based e-health programs, delivered in a stepped-care model that include prevention tools and coached support, can rapidly expand access to treatment services.

It has never been more crucial that we invest in the earliest years and this is why PIRI is working closely with Australian parents, government, industry partners and health professionals to build a brighter future for all Australians. This is PIRI's mission.

To find out more about how the PIRI team is supporting parent well-being and infant development, visit our website at www.piri.org.au

Latest News and Developments



PIRI Programs Rolled Out



New Online Postnatal

Across Italy

The Parent-Infant Research Institute (PIRI) is recognised internationally, for its leading-edge research into perinatal depression and anxiety and translating research to practice. Evidence-based intervention programs, developed by the PIRI continue to be rolled out internationally.

[Read more >](#)



DadSpace - A New Website Supporting Dads

As part of our commitment to building a brighter future, PIRI launched an exciting new website, supporting dads in the transition to parenthood. DadSpace is dedicated to supporting fathers across Australia and provides information, strategies, tips, resources, and support specifically for dads who are expecting or have a new baby. PIRI are also excited to be developing **DadBooster**, a world-first specialised online treatment based upon a cognitive behavioural therapy (CBT) approach.

[Read more >](#)

Depression Clinician Portal

The Perinatal Depression e-Consortium (PDeC), led by the Parent-Infant Research Institute (PIRI), is excited to announce the availability of a health professionals Clinician Portal along with a range of evidence-based tools and resources to support general practice to better help women with perinatal depression and anxiety.

[Read more >](#)



MumMoodBooster Helps Treat over 7,000 Mums

PIRI's innovative world-first online postnatal depression treatment program, accessed via **MumSpace** is reaching and supporting families across Australia. Over 7,000 women have been treated with online CBT and over 126,000 accessed MumSpace for ongoing support. In a **Randomised Controlled Trial (RCT)**, MumMoodBooster (MMB) was at least as effective as Face-to-Face-CBT in achieving remission from a diagnosed PND episode.

[Read more >](#)

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.

Parent-Infant Research Institute
03 9496 4496 | piri@austin.org.au
www.piri.org.au



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