

## Parent-Infant Research Institute News

Keeping you informed of the goings-on at PIRI.



The [Parent-Infant Research Institute \(PIRI\)](#) is a vigorous and innovative Australian research institute whose vision is to improve the emotional well-being of parents and to optimise infant development.

PIRI provides a unique contribution to early intervention by combining basic research and clinical expertise to address depression and other difficulties facing parents and infants. The Institute is a leading body recognised internationally for its cutting-edge research into perinatal depression and anxiety and translating research to practice.

### Program Update

Here's a quick update on exciting programs we've had the pleasure of developing with many health professionals and new parents.

The Perinatal Depression e-Consortium (PDeC), led by the Parent-Infant Research Institute (PIRI), partnered with Perinatal Anxiety and Depression Australia (PANDA), Monash University, Queensland University of Technology and Jean Hailes for Women's Health to develop the [MumSpace](#) resource.

The free, evidence-based tools are available online to help general practice better support mums and dads experiencing perinatal depression and anxiety and include the following programs.

For more information on our range of innovative programs, contact us at [piri@austin.org.au](mailto:piri@austin.org.au)



### MumMoodBooster Program

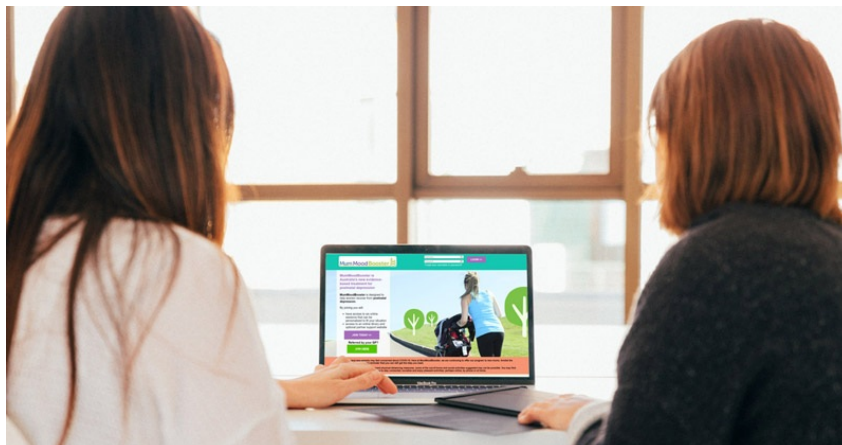
**Launched in 2017, our MumMoodBooster programs have helped over 6,000 Aussie women experiencing anxiety and depression during the perinatal period.**

[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).

These free 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 home.

[Find out more about MumMoodBooster here](#)



### MumMoodBooster Clinician Portal

The **MumMoodBooster Clinician Portal** is now available to GPs as part of the Commonwealth funded **MumSpace** initiative.

The treatment programs provide free, effective, evidence-based online treatment programs for mild to moderately-severe antenatal and postnatal anxiety and depression.

The customised clinician portal enables GPs to directly refer patients to MumMoodBooster and track their progress.

Whilst you may have already screened a patient, MumMoodBooster offers an additional EPDS screening assessment.

[Find out more and register for a Clinician Portal Account here](#)

**1-5** women experience perinatal depression  
**up to 50%** of women buffering and mental unidentified  
**only 10%** of women actively receive treatment

**Parent-Infant Research Institute**

The Parent-Infant Research Institute (PIRI) is a vigorous and innovative Australian research institute whose vision is to improve the emotional well-being of parents and to optimise infant development.

PIRI is committed to supporting parent well-being and infant development (conception to 2 years) through research and evidence based treatments.

**Austin HEALTH**

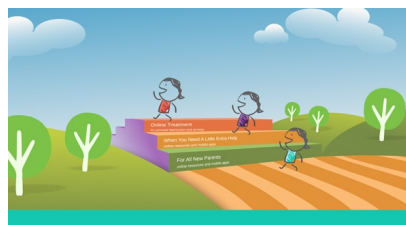
*Investing in the earliest years to build a brighter future*

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### PIRI Program Brochure

An overview of all PIRIs programs

[Download](#)



**MUMSPACE**

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](http://www.mumspace.com.au)



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Supported by funding from the Australian Government

### MumSpace Resources

An overview of Digital Resources

[Download](#)

## 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.

Hope you can help.

DONATE NOW

The Parent-Infant Research Institute  
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[www.piri.org.au](http://www.piri.org.au)



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