

# Referring to MumMoodBooster - a guide for Health Professionals

Usual emotional health assessment (routine visits)

Diagnosis of depression or anxiety

Requires crisis or other support

Suggest Self Referral

Supported Referral

Antenatal

 Mum<sup>2B</sup>MoodBooster

[www.mum2bmoodbooster.com](http://www.mum2bmoodbooster.com)

Free evidence-based online program designed to help women recover from **antenatal depression**.  
Six online and personalised CBT sessions.

Postnatal

 MumMoodBooster

[www.mummoodbooster.com](http://www.mummoodbooster.com)

Free evidence-based online program designed to help women recover from **postnatal depression**.  
Six online and personalised CBT sessions.

Access Clinician Portal

 MumMoodBooster

[admin.mummoodbooster.com](http://admin.mummoodbooster.com)

Refer your patients to MumMoodBooster using the referral form, which contains your unique referral code.  
  
Once a patient registers for MumMoodBooster using your unique code, she can begin the online treatment program.

Your unique referral code can be given to any of your patients.

Access your clinician portal to monitor the mood for each of your patients.

You will receive e-mail alerts when reports are available (at 1, 4 and 8 weeks). The first report will contain screening (The Edinburgh Postnatal Depression Scale), psychological assessment results (PHQ-9 Patient Health Questionnaire), DSM-5 Cross-sectional symptom measure), and her level of program usage.

Email alerts are to you and your patient if depression monitoring indicates they are having a significantly difficult time (experiencing suicidal ideation or escalating depression).

The alert will advise your patient to speak to you or contact a telephone support service.

## Clinician Portal Features

- While you may have already asked the women some questions and screened for perinatal depression, MumMoodBooster asks some additional screening questions including EPDS and DSM-5.
- Allows health professionals to provide additional support to women using MumMoodBooster. Evidence has shown that support for users will increase the adherence to online mental health treatments<sup>1</sup>.
- MumMoodBooster is FREE and is supported by the Australian Government.

Your suite of evidence-based parent-infant programs.

[www.piri.org.au](http://www.piri.org.au)