

Beating the Blues before Birth

Pregnant and feeling low?

Join the Beating the Blues before Birth study today!

The Parent-Infant Research Institute at Austin Health is conducting a government-supported study to evaluate the benefits of psychological treatment for depression in pregnancy, for both mother and baby.

YOU WILL RECEIVE:

- Telephone assessment with a psychologist
- Discussion of treatment options and support services
- Half of the women will also receive 8 free sessions of individual cognitive-behavioural therapy

**Is the study
suitable for me?**

Scan me



For information on how to join the study,
scan the QR code, visit
www.piri.org.au/current-treatment-trials/
or email us at piri@austin.org.au

