



## Online Treatment for Postnatal Depression Clinician Portal

### Do you have a mum who is struggling to cope or depressed?

Refer to MumMoodBooster via a dedicated Clinician Portal for additional screening and to monitor your patients mood, symptoms and risk.

Register for secure access to receive a unique referral code for all your patients to access the free MumMoodBooster program.

#### The Clinician Portal Features

- Support women through six interactive CBT sessions
- Optional weekly phone coach (for mums with more severe symptoms)
- MumMoodBooster has been extensively evaluated in Australia and effective for depression meeting diagnostic criteria
- Whilst you may have already screened a patient, MumMoodBooster offers an additional EPDS screening assessment
- MumMoodBooster is FREE and is supported by the Australian Government.

#### Referring to MumMoodBooster

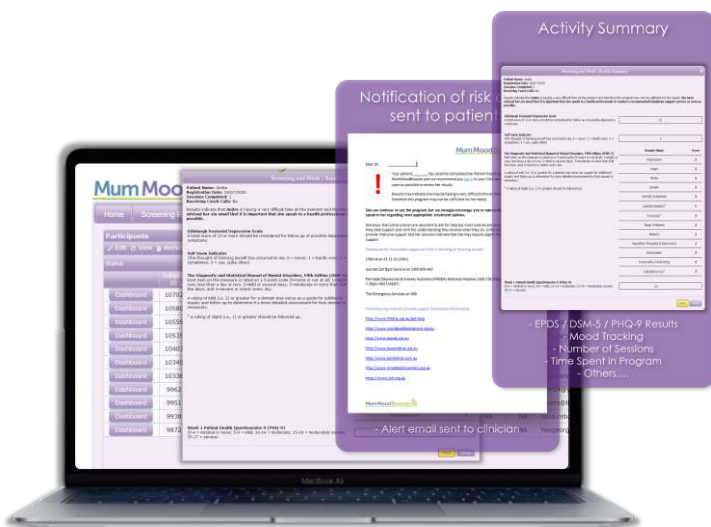
By registering for an account you will be able to refer your patients directly to the MumMoodBooster postnatal depression treatment program. You will be able to log in and immediately refer your patients to the program using the referral form, which contains a unique code to be used for all your patients. Once a patient registers for the program using your unique code, she can begin the MumMoodBooster treatment program. This same code can be given to any of your patients and you do not need to register again.

#### Risk alerts to patients when symptoms escalate

Whilst we cannot provide crisis support, email alerts are sent if depression monitoring indicates your patient is having a significantly difficult time (experiencing suicidal ideation or escalating depression). The email alert will advise her to speak to a health professional or contact a telephone support service, and that the program may not be sufficient for her needs. You will also be notified for your information.

#### Access summary reports

Login to your Clinician Portal account at any time, and monitor each of your patients mood. You will also receive e-mail notifications 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 program usage details.



Scan me  
to learn more and  
register for access

