

PIRI's Digital Programs - Information for Health Professionals



MUM
space

FREE &
evidence based

MumSpace Website

MumSpace is designed to connect parents quickly with the level of support they need, from advice and support in the transition to parenthood, to effective online treatment programs for perinatal depression and anxiety. The resources on MumSpace will help parents 'step-up' to whichever level of support suits them best. MumSpace is also a valuable resource for healthcare professionals.

www.mumspace.com.au



MumMoodBooster

FREE &
evidence based

MumMoodBooster

MumMoodBooster is Australia's leading evidence-based treatment, designed to help women recover from postnatal depression. MumMoodBooster is a free online 6-session CBT treatment that can be used to complement existing supports, or when access to face-to-face services is limited. Coaches support women who score higher on the Edinburgh postnatal depression scale. MumMoodBooster is funded by the Australian government.

www.mumspace.com.au/online-treatments/



Mum²BMoodBooster

FREE &
evidence based

Mum2BMoodBooster

Mum2BMoodBooster is Australia's leading evidence-based treatment, designed to help women recover from antenatal depression. Like MumMoodBooster, Mum2BMoodBooster is a free online 6-session CBT treatment that can be used to complement existing supports, or when access to face-to-face services is limited.

www.mumspace.com.au/online-treatments/



MIND
mum

FREE &
evidence based

MindMum App

A FREE Smartphone app that provides effective coping strategies when you need extra help with life's ups and downs! The MindMum App is designed to assist expectant and new mothers with the emotional challenges that this time of life often brings.

www.mumspace.com.au/when-you-need-extra-help/



BABY STEPS

FREE &
evidence based

Baby Steps Website

Baby Steps is a free online program that aims to enhance the wellbeing of new mums and dads. Baby Steps was written for people having their first baby, but can be used by anyone with a young baby who wants to learn more about caring for their baby or themselves.

www.mumspace.com.au/for-all-new-parents/

What Were We Thinking! program



WWWWT

FREE &
evidence based

What Were We Thinking!

What Were We Thinking! offers new parents two useful tools, the evidence-based What Were We Thinking! program from which a professionally moderated parenting blog and a free mobile app, have been derived and adapted. This Australian program helps new mums and dads learn practical skills for settling babies and adjusting to changes in their relationship with each other.

www.mumspace.com.au/for-all-new-parents/

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FREE

DadSpace Website

DadSpace is a website developed by PIRI that supports the mental and emotional wellbeing of dads who are expecting or just welcomed a baby into their life. DadSpace is a website dedicated to supporting fathers across Australia by providing information, strategies, tips, resources, and advice specifically for dads.

www.dadspace.com.au



Research study

DadBooster

PIRI has worked with Aussie dads to design an online treatment program called DadBooster. This world-first program is for fathers who are experiencing symptoms of anxiety and depression. DadBooster is a free 6-session online cognitive-behavioural therapy treatment program, similar to the therapy delivered in traditional face-to-face psychology sessions. The program offers tailored strategies for dealing with issues dads may be struggling with. Changes in symptoms of depression are monitored throughout the program.

www.dadspace.com.au/dad-booster-study



Research study

Beating the Blues before Birth (BBB)

A study for depression in pregnancy. The aim of the study is to evaluate the benefits of evidence-based cognitive behavioural therapy (CBT) treatment for depression in pregnancy, for both mother and baby.

www.piri.org.au/current-treatment-trials/



Evidence based

Towards Parenthood

Towards Parenthood is a self-help program providing support for the emotional, social and psychological challenges commonly encountered by soon-to-be mothers and fathers, as they make the transition into parenthood. Text, humor and thought provoking exercises prepare the reader for the journey to parenthood. Each Chapter contains illustrations and reflective activities to help parents strengthen their relationship and juggle the enormous and unexpected changes that come with a baby. Towards Parenthood is available as a hard copy workbook or an online interactive program.

www.piri.org.au/programs/towards-parenthood-workbook-program/



Clinical service

BUPA Parent and Baby Wellbeing Program

BUPA, in association with PIRI, have developed the Parent and Baby Wellbeing program. This national program provides psychological therapy sessions for expecting and new parents with BUPA hospital cover. All sessions are available to eligible BUPA members with no out-of-pocket expenses.

www.piri.org.au/bupa-parent-and-baby-wellbeing-program/