MumMoodBooster

MUM space

Free-to-Access Online CBT Treatment

MumMoodBooster (MMB) is a highly effective online treatment for depressed perinatal women experiencing perinatal depression and anxiety for use in general practice. This evidence-based program is available free to all Australian women who have a new baby and are struggling to cope, feeling flat, sad or depressed.

MMB is based on best practice psychological treatment and is designed to deliver the benefits of face-to-face cognitive-behavioural treatment without women needing to leave their home.

Benefits of MumMoodBooster:

- **Increased access to care:** MMB can be accessed online from anywhere in Australia, making it easier for women to receive the care they need.
- **Effective treatment:** MMB has been shown to be as effective as face-to-face CBT for women with diagnosed depressive disorders.
- **Flexible delivery:** MMB can be used as standalone treatment, to manage waitlists, or as a tool for therapists to shorten treatment times.
- **Easy to use:** The dedicated clinician portal makes it easy for health professionals to use MMB with their patients.

Discover more at www.mumspace.com.au/online-treatments/