DADSPACE
DAD BOOSTER
Stronger dads.
Stronger families.
Evidence-based digital support for fathers
www.dadspace.com.au
Parent-Infant
Research Institute
The Parent-infant Research Institute
Austin Health, Heidelberg, Victoria 3084
T: (03) 9496 4496
E: piri@austin.org.au
W: www.piri.org.au
Accredited
Service Provider
National Safety and Quality
Digital Mental Health Standards

DADSPACE™

Why this matters

Perinatal depression and anxiety affect both mothers and fathers, with significant implications for family wellbeing and child development.

There is a strong association between maternal and paternal mental health. When one parent is experiencing distress, the likelihood of the other experiencing symptoms increases, amplifying risk across the family system.

Untreated perinatal mental health difficulties can have lasting impacts on children, including emotional, behavioural and developmental challenges that persist into later life.

The economic burden is substantial. In Australia, the cost of perinatal depression and anxiety exceeds $7 billion for every annual birth cohort, largely driven by long-term impacts on children and families.

Early identification and accessible support for fathers is critical to improving outcomes for the whole family.

DadSpace: Supporting fathers early

DadSpace supports fathers during pregnancy and the transition to early parenthood, a period often marked by significant change, pressure and adjustment.

Fathers may experience stress related to new roles, disrupted routines, financial pressures, relationship changes, sleep deprivation, and increased responsibility. These demands can contribute to anxiety, low mood, and reduced wellbeing.

DadSpace provides evidence-based information, practical strategies, and targeted resources designed specifically for fathers. Content is grounded in research and informed by the lived experiences of Australian dads.

The platform is designed to build awareness, increase confidence, and support early help-seeking, enabling fathers to better understand their experiences and respond proactively.

DadSpace acts as a low-barrier entry point for fathers, supporting early engagement and guiding those needing additional support toward treatment pathways.

DADBOOSTER™

Why targeted support matters

Perinatal mental health difficulties are not limited to mothers. Around 1 in 10 fathers experience symptoms of anxiety or depression during the perinatal period.

Despite this, help-seeking remains low. More than 40% of first-time fathers believe postnatal depression and anxiety is a sign of weakness, contributing to under-recognition and delayed support.

Many fathers remain undetected and untreated within existing care systems.

DadBooster: Evidence-based treatment for fathers

DadBooster is a structured, evidence-based online treatment program designed specifically for fathers experiencing perinatal depression or anxiety.

The program is based on cognitive behavioural therapy and delivered across six structured sessions. It is informed by the clinical model underpinning MumMoodBooster, with adaptation for the unique needs and experiences of fathers.

DadBooster is self-directed, flexible, and accessible, allowing fathers to engage in treatment at a time and pace that suits them.

Key clinical features

- Structured CBT-based treatment delivered across six sessions
- Ongoing symptom monitoring throughout the program
- Low-intensity SMS support to maintain engagement and motivation
- Access to partner resources to support family wellbeing
- Designed to complement, not replace, existing clinical care

Extending care beyond the clinic

DadBooster provides a structured, scalable treatment option for fathers who may not engage with traditional services.

It complements existing perinatal care by extending support beyond the clinic, improving access to evidence-based treatment and supporting better outcomes for fathers, mothers and children.

www.dadspace.com.au/programs/dadbooster

Access support and treatment

Trusted, evidence-based support
Developed by researchers and clinicians at the Parent-Infant Research Institute (PIRI).

DadBooster meets the National Safety and Quality Digital Mental Health (NSQDMH) Standards, ensuring safe and effective digital mental health support.

Scan to explore free support
dadspace.com.au

Accredited Service Provider
National Safety and Quality Digital Mental Health Standards