

Evidence-based digital perinatal mental health support for Australian families

Developed by the Parent-Infant Research Institute (PIRI), these evidence-based digital programs support mothers and fathers during pregnancy and early parenthood through prevention, early intervention and structured treatment pathways.

- Free for Australians
- Evidence-based and research-developed
- National Safety and Quality Digital Mental Health (NSQDMH) Accredited
- Accessible nationally via web and mobile
- Supports both mothers and fathers



PIRI Perinatal Mental Health Ecosystem

Early intervention and low-barrier support for parents and families

MumSpace

Trusted information, practical tools and self-guided wellbeing support for pregnant women, new mothers and families.

DadSpace

Evidence-based support, guidance and early help-seeking resources designed specifically for fathers.

Step up support as needed

CBT Treatment Programs

Flexible online treatment designed to complement existing care

MumMoodBooster

Treatment for postnatal depression and anxiety
Via MumSpace

Mum2BMoodBooster

Treatment for depression and anxiety during pregnancy
Via MumSpace

DadBooster

Treatment for depression and anxiety in fathers
Via DadSpace

Why this matters

Digital stepped-care approaches can improve access to evidence-based perinatal mental health support, particularly for families facing barriers to traditional services. PIRI's programs complement existing care and support scalable pathways for prevention, early intervention and treatment.

Access and referrals

Self-referral and clinician referral pathways available nationally.

mumspace.com.au
dadspace.com.au
piri.org.au

piri@austin.org.au

