

# Referring to MumMoodBooster - a guide for Health Professionals

Usual emotional health assessment (routine visits)

Diagnosis of  
depression or anxiety

Requires crisis  
or other support

Suggest Self Referral

Supported Referral

Antenatal

Mum<sup>2</sup>B MoodBooster

[www.mum2bmoodbooster.com](http://www.mum2bmoodbooster.com)

Free evidence-based online program designed to help women recover from **antenatal depression**.  
Six online and personalised CBT sessions.


Postnatal


Mum MoodBooster

[www.mummoodbooster.com](http://www.mummoodbooster.com)

Free evidence-based online program designed to help women recover from **postnatal depression**.  
Six online and personalised CBT sessions.

Access Clinician Portals

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Refer your patients to Mum2BMoodBooster or MumMoodBooster using the referral form, which contains your unique referral code.

Once a patient registers for the treatment program using your unique code, she can begin using the program.

Your unique referral code can be given to any of your patients.

Access your clinician portal to monitor the mood for each of your patients. You will receive email alerts when reports are available (at 1, 4, and 8 weeks). The first report will contain screening results from the Edinburgh Postnatal Depression Scale, psychological assessment results from the PHQ-9 Patient Health Questionnaire, DSM-5 Cross-sectional symptom measures, and the patient's level of program usage.

The program sends email alerts to your patient if depression monitoring indicates they are experiencing suicidal ideation or escalating depression.

The email alert will advise them to speak to a health professional or contact a telephone support service.

## Clinician Portal Features

- While you may have already asked the women some questions and screened for perinatal depression, the treatment programs ask additional screening questions including EPDS and DSM-5.
- Allows health professionals to provide additional support to women using Mum2BMoodBooster and MumMoodBooster. Evidence has shown that support for users will increase the adherence to online mental health treatments<sup>1</sup>.
- Mum2BMoodBooster and MumMoodBooster are FREE and are supported by the Australian Government.

Your suite of evidence-based  
parent-infant programs.  
[www.piri.org.au](http://www.piri.org.au)