

Mum Mood Booster

GP Portal Available NOW
START REFERRING PATIENTS

Australia's new effective evidence-based treatment for postnatal depression

Does your patient have a new baby and is struggling to cope, feeling flat, sad or depressed?

This internet CBT treatment program may help.

MumMoodBooster is **FREE** and features:

- Six interactive sessions accessed from home
- Optional weekly phone coach (for those at higher risk)
- Access to lots of online information

To register for a GP Portal account please visit:

www.mummoodbooster.com/clinicianportal

Clinician Portal Features:

✓ Rapid Secure Access

Give your patients access to the tool via simple secure log-in

✓ Risk Alerts

Patients are sent alerts when their symptoms escalate, providing them with prompts to visit their GP. You also get a copy of the alert.

✓ Summary Reports

Access a summary of peoples results at week 1, 4, and 8, upon completion.

MumMoodBooster 

The following baseline screening assessments are undertaken to support the postnatal depression treatment program

EPDS

The Edinburgh Postnatal Depression Scale

PHQ-9

Patient Health Questionnaire

DSM-5

Cross-sectional symptom measure

GAD-2

Generalised Anxiety Disorder

Developed by:



For more information contact piri@austin.org.au