



# Websites and apps supporting mental health for new mums and dads

## MumSpace

Supports the mental health and wellbeing of pregnant women, new mums and their families by connecting them with advice and support in the transition to parenthood. Also provides effective online treatment programs for perinatal depression and anxiety.

**Website:** [mumspace.com.au](http://mumspace.com.au)

## DadSpace

DadSpace: Supporting fathers through the transition to parenthood. Research shows that dads who know what to expect and have the right support can better manage the transition to parenthood.

**Website:** [dadspace.com.au](http://dadspace.com.au)

## What Were We Thinking

Focusing on the practical and personal aspects of parenting, this program gives you evidence-based, tried and tested parenting advice from leading Australian experts.

**Website:** [whatwerewethinking.org.au](http://whatwerewethinking.org.au)

**Blog and app:** [jeanhailes.org.au/what-were-we-thinking](http://jeanhailes.org.au/what-were-we-thinking)

## Beyond Blue

Gives you the information, knowledge and confidence to take care of your own mental health and wellbeing, especially if you're a new parent or about to become one.

**Website:** [beyondblue.org.au/mental-healthparenting](http://beyondblue.org.au/mental-healthparenting)

## PANDA: Perinatal Anxiety and Depression Australia

Provides the national perinatal mental health phone counselling service, as well information to reduce stigma around perinatal anxiety and depression.

**Website:** [panda.org.au](http://panda.org.au)

**Helpline:** 1300 726 306 (Monday to Friday, 10am-7.30pm (AEST), Saturday, 9am to 4pm (AEST). Please note, the time difference for WA is 2-3 hours, depending on daylight saving.

## Gidget Foundation

Gidget Foundation Australia supports the mental health of expectant, new and potential parents to ensure they receive accessible, timely and specialist care.

**Website:** [gidgetfoundation.org.au](http://gidgetfoundation.org.au)

**Helpline:** 1300 851 758

## Mind Spot

Delivers free mental health services to adults across Australia. All services are online or via phone. Provides care to Australian adults troubled by conditions such as depression, anxiety stress, worry, panic, chronic pain and distress due to chronic health conditions.

**Website and app:** [mindspot.org.au](http://mindspot.org.au)



## Feed Safe

Contains answers to the most common questions about alcohol and breastfeeding, with information from Australia's most trusted experts.

**Website and app:** [feedsafe.net](https://feedsafe.net)

## SMS4dads

SMS4dads is a free service that helps fathers understand and connect with their baby and partner, as well as checking in on their wellbeing and offering professional support if needed.

**Website:** [SMS4dads.com.au](https://SMS4dads.com.au)

## COPE: Centre of Perinatal Excellence

Provides high quality, evidence-based information to empower people and guide them while supporting world-leading research to inform policy and services.

**Website:** [cope.org.au](https://cope.org.au)

## Raising Children Network

This Australian parenting website offers comprehensive, practical, expert child health and parenting information, covering children aged 0-15 years and the adults who raise them.

**Website:** [raisingchildren.net.au](https://raisingchildren.net.au)

## MoodGYM

A free, interactive web program that teaches the principles of cognitive behaviour therapy – a proven treatment for depression. It also demonstrates the relationship between thoughts and emotions, as well as teaching relaxation and meditation techniques.

**Website:** [moodgym.com.au](https://moodgym.com.au)



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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