

A specialist option for your perinatal patients

Mums Matter Psychology provides specialist mental health support to women and men through the perinatal period, from conception until the child is four years old. We support those experiencing, or at risk of developing, mild to moderate perinatal depression, anxiety or stress-related disorders, as well as parents affected by birth trauma or pregnancy loss.

Who to refer

- Women and men from conception to 4 years postpartum.
- Mild to moderate perinatal depression, anxiety or stress-related disorders (experiencing or at risk).
- Expectant and new parents, and their partners, affected by birth trauma.
- Those affected by pregnancy loss, including stillbirth, miscarriage or termination.

Not suitable for Mums Matter

- Current or enduring psychotic illness.
- Long-standing suicidal or homicidal ideation, or suicide attempts, without psychiatric support.
- Current child protection issues involving Family and Community Services without case management support.
- Current alcohol or other drug abuse without Drug & Alcohol service support.

How to refer:

1

Complete a Mental Health Care Plan and referral letter

If your patient has a mental health condition, prepare an MHCP together with a referral letter.

2

Send the referral to Mums Matter

Upload it securely online below, or fax it to 03 9086 7918. You can also request that Mums Matter contact clients directly.

3

Clients are supported from there

Your patient receives information on booking and is matched with a perinatal psychologist. Therapy is available for mums and dads, via Telehealth or in-person Australia-wide.

10

Medicare-rebated sessions available per calendar year with a Mental Health Treatment Plan and Referral.

Bulk-billed care

Eligible clients can access sessions with no out-of-pocket cost.



Upload a referral

Simply click here to securely upload your patient's referral online.

mumsmatterpsychology.com/upload-referral



Request patient contact

Click here to have Mums Matter reach out to your patient directly.

mumsmatterpsychology.com/request-contact