



End of 2025 Update and 2026

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Contents

- Achievement and Impact 2025
- What's coming in 2026



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Achievement and Impact 2025



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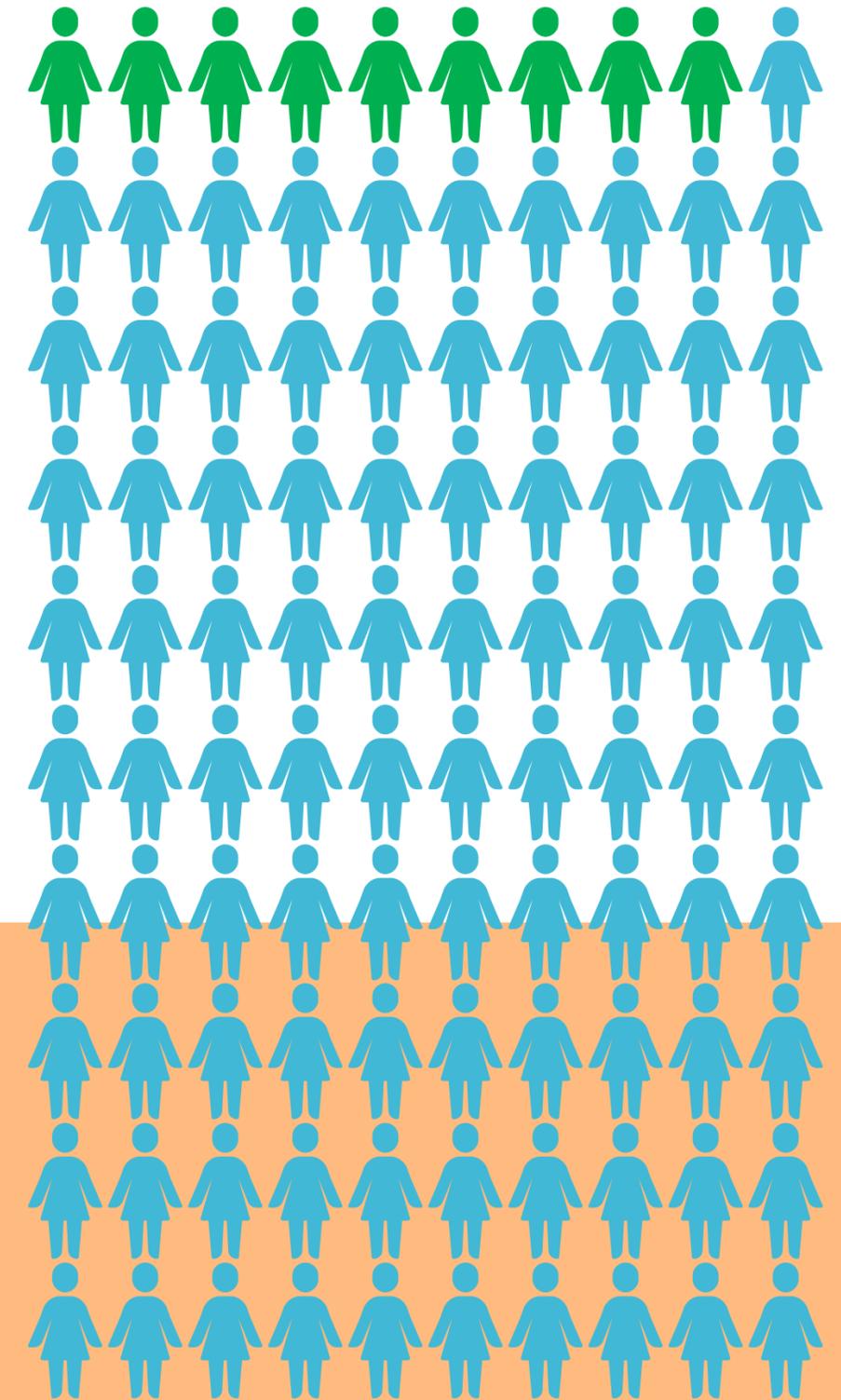
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Our Reach

58,000 Women per year with a perinatal mood disorder in Australia of which we reached 9.5% (up from 6.6% 2024)

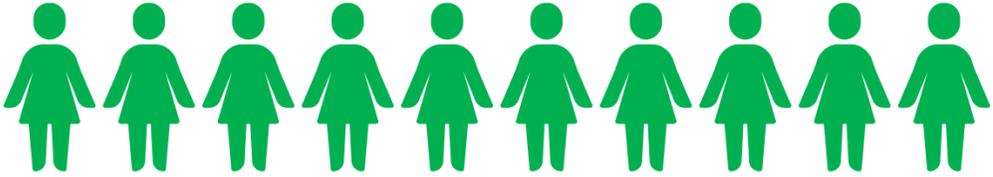
Our goal at the beginning on 2025 was 10%





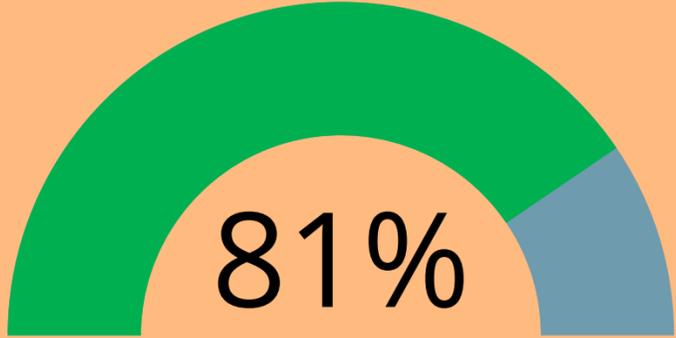
Our Impact

The Last 12 months



5500 Clients (up from
3367 in 2024)

Our goal was 5800



Clinically Significant
Improvement

\$80M

Economic Savings



Client Experiences

3rd Session Check in

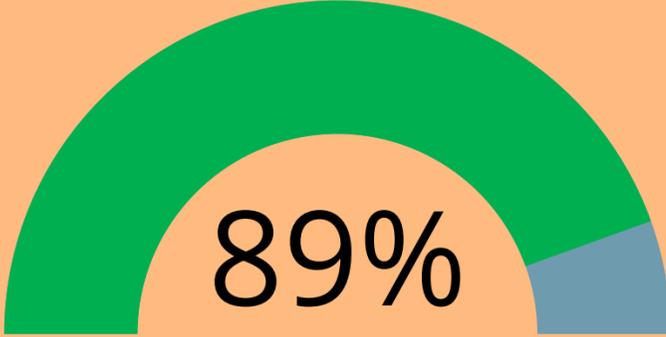
Thank you for checking in with me . I am feeling much better. Clinician is fantastic. She really listens to me and understands me . I feel like she gets me . I really feel listened and understood. She is my village. She is also incredibly kind and so helpful. She helped me understand what i am going through and given me tips to change my thoughts and practice tips to cope .

I am really grateful for Clinician and your service. It is so helpful for mums . You have no idea how much it is helping me . I have hope now .

Clinician has really made me feel at ease, the most comfortable therapist I've ever had. Clinician delivers all communications with so much kindness and care but also firm and confident without intimidating or scaring me. Which is easy to do. I have never opened up or felt so seen and heard in my life. First time in years that I have felt understood or just really the only person on my side and who will listen to me.



Client Experiences



Agreed or strongly agreed they had addressed the problems they came to therapy for



Likely or very likely to refer the service to someone else in a similar situation to them



Clients and Referrers

Appointments - ~600-700 per week (highest 750)

62% Google Meet 38% Telephone

Diagnosis at Discharge (Over all time)

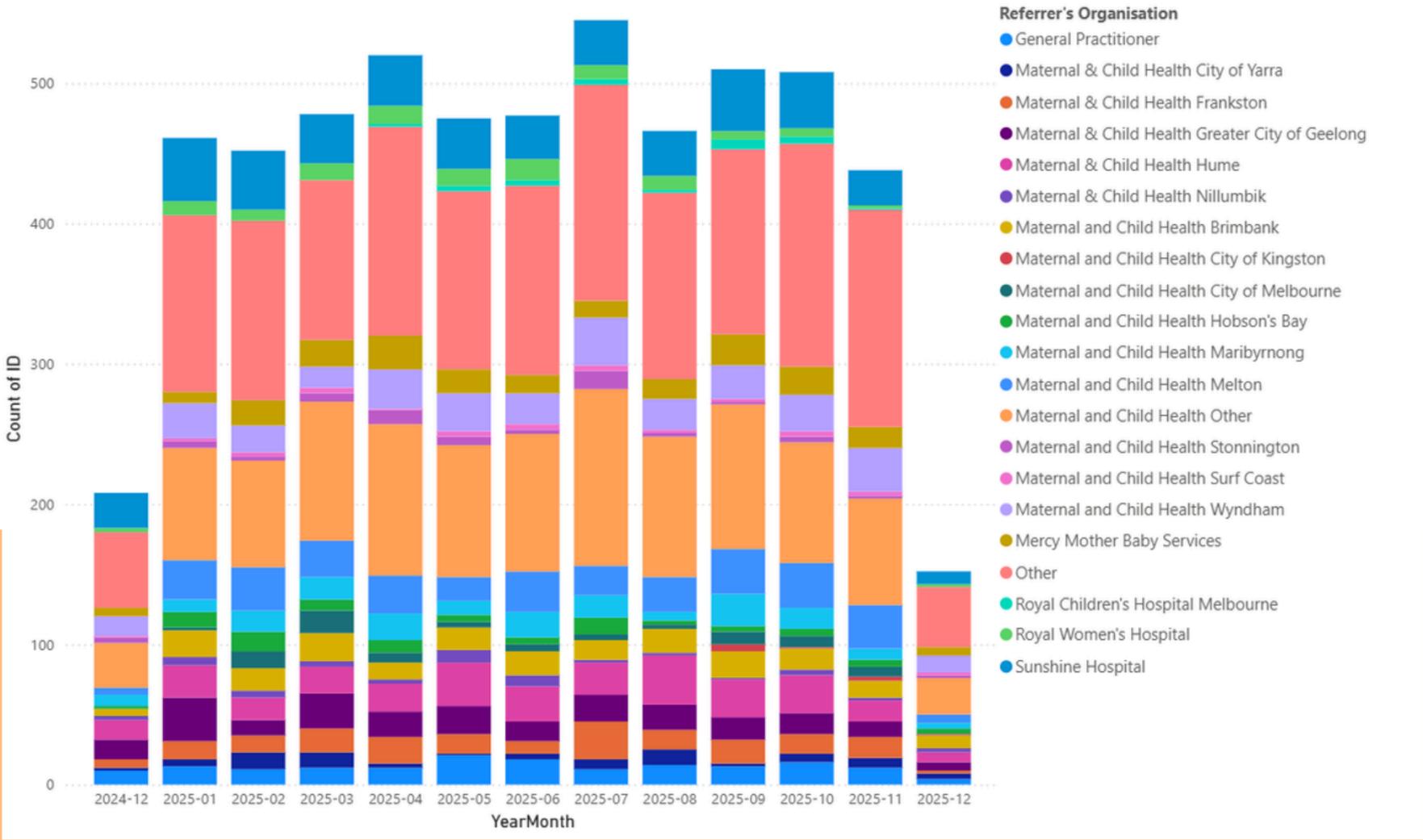
- 40% Anxiety
- 21% Depression
- 15% Adjustment
- 5% Relationship Difficulties
- 4% Grief/loss

Referrals

- **5500 online referrals (up from 4188 in 2024)**



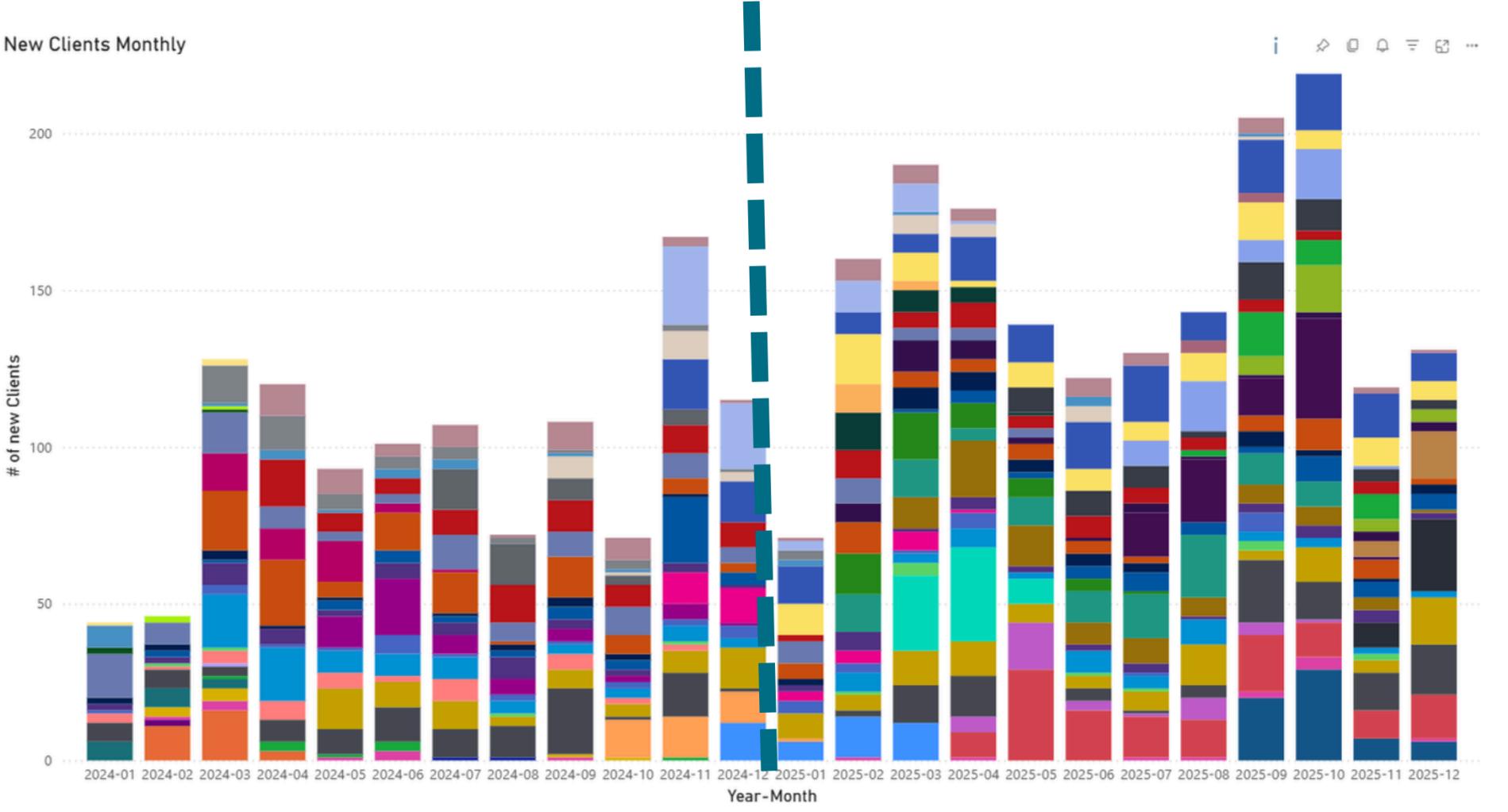
Referrals



Highest referrals from "Other" and Maternal and Child Health "Other"



New Client per month



Overall, more new clients being seen per month than in 2024



Projects in 2026



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Projects for 2026

- Integration with Healthbright
- Recruitment
- Nurturing existing and growing new partnerships
- Growing service offerings e.g., EAP services, IVF support
- Expanding on Perinatal Professionals Hub



PERINATAL PROFESSIONALS HUB

Empowering mental health professionals
with specialised perinatal training
and supervision



Mums Matter Psychology

Current Premium Partner

⚡ Premium Partner Benefits

- ✓ 30% off any training for all staff members
- ✓ Free training attendance for students

Mums Matter Psychology is committed to advancing perinatal mental health excellence through strategic partnership and professional development.

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Thank you and
Merry Christmas



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