

Mums Matter Psychology Named Finalist in Prestigious Business Awards

Mums Matter Psychology, a beacon of support for maternal mental health, proudly announces its selection as a finalist in not one, but two highly esteemed business awards: the Telstra Best of Business Awards and the Hobson's Bay Business Excellence Awards.

The Telstra Best of Business Awards, renowned for spotlighting outstanding businesses across Australia, celebrate excellence in innovation, customer service, and business growth. Mums Matter Psychology's unwavering commitment to providing exceptional mental health support to mothers has earned the organisation a distinguished place among the best in Victoria, achieving recognition as a State Finalist.

Moreover, Mums Matter Psychology has been lauded by the Hobson's Bay Business Excellence Awards, an accolade that applauds businesses making a significant impact within the Hobson's Bay community. This recognition reaffirms the organisation's dedication to enhancing mental well-being and fostering a supportive environment for mothers in the local community.

Maternal mental health is a pressing concern affecting a substantial number of women globally. Shockingly, approximately one in five mothers grapple with a mental health condition during pregnancy or within the first year after childbirth. Depression, anxiety, and postpartum stress are prevalent challenges, highlighting the critical need for specialised mental health support tailored to their unique needs.

Mums Matter Psychology has emerged as a standout entity in both awards for its dedicated focus on the mental health and well-being of mothers. The organisation provides a range of affordable, accessible, and specialised services and support that empower women during the vital stages of early motherhood. Their innovative approach, coupled with an exceptional team of mental health professionals, has set a new standard in the field of maternal mental health.

Frances Bilbao, Director of Mums Matter Psychology, expressed her excitement at being recognized as a finalist in these prestigious awards, stating, "We are honoured to be acknowledged for our efforts in supporting mothers on their mental health journey. At Mums Matter Psychology, we are dedicated to providing an affordable, accessible, safe, and nurturing space for mothers to navigate the challenges they face during pregnancy

and in the early years of parenting. These nominations affirm our commitment to making a meaningful difference in the lives of mothers and their families."

The team at Mums Matter Psychology eagerly anticipates the awards ceremonies in the next month, where they will have the opportunity to celebrate their achievements, connect with fellow industry leaders, and showcase the vital importance of maternal mental health support.

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