

Black Maternal Health Resources

Additional resources from the virtual forum *Centering Voices: The Crisis of Black Maternal Health*

Community Organizations & Resources

NYC Doula Collective – nycdoulacollective.com

The NYC Doula Collective is a community of birth workers serving New York City and the surrounding areas. Through ongoing professional development, regular meetings for members, active mentorship and a commitment to giving back to the community, they strive to offer NYC families professional birth doula services within a wide range of experience and fee levels.

Sista Midwife Directory – sistamidwifedirectory.com

Sista Midwife Productions is a birth advocacy organization based in New Orleans, LA. They provide education, training and consultations for communities, birth workers and organizations that work with child bearing families.

Irth (as in Birth, but drop the B for bias) – irthapp.com

An app where you can find prenatal, birthing, postpartum and pediatric reviews of care from other Black and brown women.

One Brooklyn Health – onebrooklynhealth.org

One Brooklyn Health provides high quality, comprehensive healthcare to the communities it serves through a network of acute hospitals, community-based practices, long-term care facilities and partnerships with local healthcare providers. Their patient-centered approach extends beyond medical care to enhance the health and wellness of communities, patients and their families.

The Birthing Center of NY – nybirthingcenter.com

The Birthing Center of NY is a full-service birth center that provides comprehensive care to women and families. They specialize in supporting women of color and have a team of midwives and doulas who provide culturally sensitive care.

The Brooklyn Perinatal Network – bpnetwork.org

The Brooklyn Perinatal Network is a nonprofit organization that provides support and resources to women and families during pregnancy, birth, and postpartum. They offer free childbirth education classes, doula services, and support groups for women of color.

Ancient Song Doula Services – ancientsongdoulaservices.com

Ancient Song Doula Services is a grassroots organization that provides doula care and support to women and families of color. They offer prenatal, birth, and postpartum support, as well as childbirth education classes and lactation support.

Black Mamas Matter Alliance – blackmamasmatter.org

The Black Mamas Matter Alliance is a national organization that works to improve maternal health outcomes for Black women. They provide advocacy and resources to address systemic barriers to care and promote reproductive justice.

SisterSong – sistersong.net

SisterSong is a reproductive justice organization that advocates for the health and well-being of women of color. They offer resources and support for maternal health, including advocacy for policies that address maternal health disparities.

Healthy Start Brooklyn – growingupnyc.cityofnewyork.us/programs/healthy-start-brooklyn

Healthy Start Brooklyn is a federally funded program that provides support and resources to women and families during pregnancy, birth, and postpartum. They offer free services, including prenatal and postpartum care, doula support, and lactation support.

Black Women's Health Imperative – bwhi.org

The Black Women's Health Imperative is a nonprofit organization that focuses on the health and wellness of Black women. Their website includes resources on maternal mental health.

Sista Afya – sistaafya.com

Sista Afya is a mental wellness community that focuses on serving Black women. They offer therapy and support groups, as well as educational resources on mental health.

The Shades of Blue Project – shadesofblueproject.org

The Shades of Blue Project is a nonprofit organization that provides mental health education and support to Black mothers. They offer a range of services, including online support groups and therapy referrals.

Therapy for Black Girls – therapyforblackgirls.com

Therapy for Black Girls is a directory of Black therapists who specialize in working with Black women and girls. Their website also has a blog and podcast that cover a range of mental health topics.

Postpartum Support International (PSI) – postpartum.net

PSI is a nonprofit organization that provides resources, support, and advocacy for perinatal mental health. Their website has a directory of mental health professionals, support groups, and resources for families and caregivers.

The Blue Dot Project – thebluedotproject.org

The Blue Dot Project is a campaign that aims to raise awareness about maternal mental health and reduce stigma around perinatal mood and anxiety disorders. Their website has a range of resources, including a tool kit for healthcare providers, a directory of support groups, and resources for partners and families.

The American College of Obstetricians & Gynecologists (ACOG) – acog.org

ACOG is a professional organization for obstetricians and gynecologists. Their website has information for patients and healthcare providers on maternal mental health, including guidelines for screening and treatment.

The Postpartum Stress Center – postpartumstress.com

The Postpartum Stress Center is a resource for women and families who are experiencing perinatal mood and anxiety disorders. Their website has information on symptoms, treatment, and recovery, as well as a directory of therapists and support groups.

Maternal Mental Health Now – maternalmentalhealthnow.org

Maternal Mental Health Now is a nonprofit organization based in Los Angeles that provides resources and support for perinatal mental health. Their website has information on maternal mental health, a directory of mental health professionals, and resources for families and caregivers.

The Loveland Foundation – thelovelandfoundation.org

The Loveland Foundation is a nonprofit organization that provides therapy and mental health resources to Black women and girls. They offer therapy grants and a directory of culturally competent therapists who serve the Black community.

Research & News Articles

[“Working Together to Reduce Black Maternal Mortality”](#) at the Centers for Disease Control and Prevention (CDC), April 3, 2023.

[“Black Pregnant Women Are Tested More Frequently for Drug Use, Study Suggests”](#) at *The New York Times*, Roni Caryn Rabin, April 14, 2023.

[“Want to Solve the Maternal Health Care Crisis? Listen to Black Birth Workers”](#) at *The Nation*, Regina Mahone, April 3, 2023.

[“What We Still Don’t Understand About Postpartum Psychosis”](#) at *The New Yorker*, Jessica Winter, March 14, 2023.

[“A Woman Dies Every 2 Minutes During Pregnancy or Childbirth: Report”](#) at ABC News, Nicole Wetsman and Sarah Lee, February 22, 2023.

[“NY Senate Considers Doula Support to Improve Birth Outcomes”](#) at *City & State New York*, Rebecca C. Lewis, March 8, 2023.

[“Trends in Maternal Mortality 2000 to 2020: Estimates by WHO, UNICEF, UNFPA, World Bank Group and UNDESA/Population Division”](#) at the World Health Organization (WHO), February 23, 2023.

[“To Improve Maternal Health, Report Says To Start Before Pregnancy”](#) at American Heart Association News, Laura Williamson, February 13, 2023.

[“Deaths Among Pregnant Women and New Mothers Rose Sharply During Pandemic”](#) at *The New York Times*, Roni Caryn Rabin, January 27, 2023.

[“I Don’t Want to Die’: Fighting Maternal Mortality Among Black Women”](#) at *The New York Times*, Erica L. Green, January 18, 2023.

[“You Almost Killed My Wife”](#) at *LEVEL Man*, Jayson Kristopher Jones, March 21, 2023.

[“Black mom on premature birth, racial disparities in maternal health: ‘I carry that with me’”](#) at *TheGrio*, Linara Davidson Greenidge, February 17, 2021.

[“Black physicians can help rebuild the broken trust in Black maternal health”](#) at *TheGrio*, Linara Davidson Greenidge, April 17, 2021.

[“Childbirth Is Deadlier for Black Families Even When They’re Rich, Expansive Study Finds”](#) at *The New York Times*, Claire Cain Miller, Sarah Kliff and Larry Buchanan, February 12, 2023.

Legislation & Policy

- **[Senate Bill S2359](#): Establishes a maternal mental health workgroup**
Directs the commissioner of mental health to establish a maternal mental health workgroup to study and issue recommendations related to maternal mental health and perinatal and postpartum mood and anxiety disorders; identifies underrepresented and vulnerable populations and risk factors in the state for maternal mental health disorders that may occur during pregnancy and through the first postpartum year.
Sponsored by: Senator Samra Brouk

- **[Int 0478-2022](#): An outreach and education campaign on the benefits and services provided by doulas and midwives**
This bill would require an agency designated by the mayor to administer a public education program that informs the public regarding the services offered by doulas and midwives, the evidence-based benefits of such services and free and low-cost resources related to such services in the city. It would also require the administering agency to submit to the Mayor and Speaker of the City Council, and post online, by June 30, 2024, and by June 30 every five years thereafter, a report describing the methods of targeted outreach used to comply with this law.
Sponsor: CM Crystal Hudson

- **[Int 0086-2022](#): A Local Law to amend the administrative code of the city of New York, in relation to education about city standards for respectful care at birth, health care proxy forms and patients' rights**
This bill would require an agency designated by the mayor to administer a public education program that informs the public regarding the city’s standards for respectful care at birth, as well as information regarding: the right to be free from discrimination in relation to pregnancy, childbirth or a related medical condition; reasonable workplace accommodations for persons who are pregnant or were recently pregnant and caregivers; rights for a person who is pregnant or was recently pregnant under the disability benefits law and paid family leave benefits law, earned safe and sick time act, and temporary schedule change law; and how to access information published by the New York State Department of health on appointing a health care proxy.

- **[Int 0409-2022](#): A Local Law to amend the administrative code of the city of New York, in relation to increasing access to data on maternal mortality and morbidity**
This bill would require the Department of Health and Mental Hygiene to post the annual Maternal Mortality and Morbidity report on its website.

- **[Int 0482-2022](#): A Local Law to amend the administrative code of the city of New York, in relation to requiring the department of health and mental hygiene to provide information on**

polycystic ovary syndrome and endometriosis

This bill would require the Department of Health and Mental Hygiene to provide education on polycystic ovary syndrome and endometriosis by posting information on its website, including, but not limited to: the definitions and potential symptoms of polycystic ovary syndrome and endometriosis; information on how to seek diagnosis and treatment, including how to procure the care of a primary care physician; and data regarding the number of individuals who are diagnosed with polycystic ovary syndrome or endometriosis in the city, disaggregated by age, race, ethnicity, and zip code, to the extent such data is available to the department. The department would also be required to submit a report to the Mayor and the Speaker of the Council on March 1, 2023 and every year thereafter regarding education efforts on polycystic ovary syndrome and endometriosis conducted by the department.

→ **[Int 0472-2022](#): A Local Law in relation to establishing a program in the department of health and mental hygiene to train doulas and provide doula services to residents in all five boroughs**

This bill would require the Department of Health and Mental Hygiene (DOHMH) to establish a doula program to train doulas and provide doula services to residents of marginalized neighborhoods in all five boroughs at no cost to the resident. This bill would also require the DOHMH commissioner to submit a report to the Mayor and the Speaker of the City Council on the merits of the program.

→ **[Int 0490-2022](#): A Local Law to amend the administrative code of the city of New York, in relation to requiring the provision of sexual and reproductive health services by the department of health and mental hygiene**

This bill would require the Department of Health and Mental Hygiene to provide sexual and reproductive health services and conduct research on sexual and reproductive health disparities within the city. In providing such services, the department will have the power and duty to: provide outreach, education, and support to individuals, especially low-income individuals and those without health insurance, regarding issues related to sexual and reproductive health, including but not limited to: contraception, including a broad range of methods such as long-acting reversible contraception; preconception health services; abortion services; family planning services; testing, prevention, and treatment for HIV; testing and treatment for sexually transmitted infections; routine screening for breast and cervical cancer; and health education in community settings to promote reproductive health, to prevent unintended pregnancy, and to promote access to reproductive and preventive health services. The office would also make referrals to affordable and accessible services related to contraception, abortion, family planning, breast and cervical cancer screenings, and counseling, testing, and treatment for HIV and sexually transmitted infections, when determined appropriate by the department.

→ **[Int 0509-2022](#): A Local Law to amend the administrative code of the city of New York, in relation to a public education and outreach campaign on maternal mortality and morbidity and a report regarding the incidence of cesarean sections**

This bill would require an agency designated by the mayor to administer a public education program that informs the public regarding maternal mortality and severe maternal morbidity. Additionally, no later than December 30, 2024, the NYC Department of Health and Mental

Hygiene would be required to report on the number of total births in the city for the previous calendar year, disaggregated, to the extent available, by the number of vaginal births, the number of vaginal births after prior cesarean section, the number of first-time cesarean sections, the number of repeat cesarean sections. This data would be further disaggregated by whether or not the pregnancy was considered low risk. The report would also include recommendations by the department to reduce maternal mortality and severe maternal morbidity, including efforts to reduce the risks associated with unplanned cesarean sections and efforts to address inequities across patient demographics.

- **[Res 0095-2022](#)**: Resolution calling on the New York State Legislature to pass, and the Governor to sign, A217/S2736, relating to informing maternity patients about the risks associated with cesarean section
Sponsor: CM Carlina Rivera
- **[Res 0205-2022](#)**: Resolution calling on the New York State Legislature to pass, and the Governor to sign, legislation making doulas more accessible to individuals with Medicaid and those without health insurance
Sponsor: CM Carlina Rivera
- **[Res 0092-2022](#)**: Resolution calling on the United States Congress to pass and President Joseph Biden to sign the [Black Maternal Health Momnibus Act of 2021](#)
Sponsor: PA Jumaane Williams
- **[Res 0244-2022](#)**: Resolution calling on the Centers for Disease Control and Prevention to provide expanded funding for the Healthy Start Brooklyn doula program known as By My Side in order to make doulas available to all low-income birthing people in New York City
Sponsor: PA Jumaane Williams

Documentary Film



[Rebyrth](#), Dir. Cydney Tucker (runtime 5 min.)

Rebyrth is a film about an Atlanta-based Doula working to save the lives of Black mothers as they journey from their pregnancies into motherhood. The role of a doula is to act as a guide in each stage of childbirth, tethering mother and baby to the earth as they move together through space and time.

About *Centering Voices: The Crisis of Black Maternal Health*

On April 25, 2023, the NYU McSilver Institute for Poverty Policy and Research, in partnership with the Greater New York Chapter of the Links, Incorporated, and One Brooklyn Health hosted ***Centering Voices: The Crisis of Black Maternal Health***. This community forum featured experts in the fields of maternal physical and mental health who will provide vital information on the scope of this health disparity, contributing factors, and best practices. The virtual panel also discussed what families, service providers, and the community can do to advocate for change. Learn more about this event at mcsilver.nyu.edu/black-maternal-health.



The NYU McSilver Institute – mcsilver.nyu.edu



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Greater New York (NY) Chapter

The Greater New York Chapter of the Links, Incorporated – greaternewyorklinksinc.org



One Brooklyn Health – onebrooklynhealth.org