Resources for Patients

• To know your rights: Black Birthing Bill of Rights
• To prepare for birth as a person of color:
  • Antiracist Prenatal and Postnatal Care Preferences
  • CDC’s pregnancy warning signs for yourself and your loved ones
• To connect with a community doula:
  • How to find a Black doula
  • Directory: Black Women Birthing Justice doula finder (doulas - add yourself!)
• To share about your hospital birth experience:
  • Irth app
• For more resources:
  • Expecting Justice resources for Mamas
  • Black Women Birthing Justice
  • MEND email list, for resources, publications, and opportunities to contribute to antibias/antiracism work here