

Resources for Patients

- To know your rights: [Black Birthing Bill of Rights](#)
- To prepare for birth as a person of color:
 - [Protecting Your Birth: A Guide For Black Mothers](#) (*New York Times*)
 - [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](#)

