

MATERNAL MENTAL HEALTH MATTERS! "DID YOU KNOW?"



FREE CARE

If you are pregnant, receive Medicaid in New York State, and live in certain [New York City neighborhoods](#), you might be eligible for **free doula support!**

DOULA SERVICES

What is a Doula?

A doula is a professional who offers **non-medical support** to pregnant individuals and their families before, during, and after childbirth. Their services address the **physical, emotional, and practical** challenges of childbirth, helping to prevent and reduce the risks associated with **Perinatal Mood and Anxiety Disorders (PMADs)**

Citywide Doula Initiative (CDI) | NYC Department of Health and Mental Hygiene (DOHMH)

The Citywide Doula Initiative is part of the [New Family Home Visits Initiative](#), which provides **free access to doulas** and **home visitors** for birthing people and families. It focuses on areas severely impacted by COVID-19.

In New York State, doula care is now a Medicaid benefit. Check the [New York State Medicaid Fee-for-Service Doula Directory](#) for doulas in your area who accept Medicaid.

CDI Eligibility Criteria:

You may qualify for this support if you live in specific [NYC neighborhoods](#), in a shelter, or foster home. Priority is given to those who:

- ♦ Have aged out of foster care
- ♦ Have no other labor support
- ♦ Are giving birth for the first time (or for the first time in 10+ years)
- ♦ Had a previous traumatic birth experience
- ♦ Have a high-risk medical condition

To learn more about low-cost doula services in New York City visit www.nyc.gov/site/doh/health/health-topics/doula-care.

Why Consider a Doula?

A study found that women who received doula care had 53% lower odds of cesarean delivery and 58% lower odds of postpartum depression and anxiety.

Doulas can:

- ♦ Help you prepare and execute your birth plan
- ♦ Support you during labor and delivery
- ♦ Assist with newborn care after birth
- ♦ go beyond traditional health, and connect their clients with any food, housing, and transportation needs they may have.

Benefits of Doula Support:

- ♦ Shorter labor
- ♦ Earlier breastfeeding initiation & longer breastfeeding duration
- ♦ Positive feelings about the birth experience
- ♦ Better parent-baby bonding

FIND A DOULA

To enroll in the Citywide Doula Initiative, or to see if you are eligible for services, **email** CDI@health.nyc.gov **or call** 1-844-653-6852 (1-844-OK-DOULA).

You may reach out directly to one of the programs listed in this document which provide services as part of the Citywide Doula Initiative. Each program is available only to people who live in [the listed ZIP code or in shelter or foster home within the borough](#), or to pregnant teenagers who are income-eligible for Medicaid.

Don't miss out! Doula support can improve pregnancy, birth, and mental health. Check your eligibility today!