

Maternal Health Resources

Dear neighbor,

I was born right here in Rochester at Highland Hospital – and I know first-hand about the challenges that pregnant people, especially Black women, face before and during pregnancy. I am working hard in Albany to improve our healthcare system.

Racial and ethnic disparities in maternal care are a significant public health issue in New York State. In New York State, Black women are approximately three times more likely to die of pregnancy-related causes than white women.¹

Join me in this fight. Share these resources with moms and moms-to-be that you know. Invite me into your spaces so we can discuss community needs. And join our efforts in Albany to bring attention to the challenges facing birthing people.

Please do not hesitate to contact me if you need help connecting to resources or to share your ideas on making maternal health better in our community and state.

Senator Samra Brouk
55th District

MEDICAL CARE AND SOCIAL SERVICES SUPPORT

Jordan Health

Provides prenatal care regardless of insurance status or ability to pay.
jordanhealth.org/obstetrics-gynecology
585-423-5800

Nurse-Family Partnership of Monroe County

Program for women who are having their first baby. Specially trained nurses will visit your home throughout your pregnancy and continue to visit until your baby is two years old.
monroecounty.gov/health-maternal-NFP
585-753-5221

¹ health.ny.gov/community/adults/women/task_force_maternal_mortality/docs/maternal_mortality_report.pdf

Healthy Baby Network

Resources, care, support services and case management.
Healthy-baby.net

La Leche League of Rochester

Support, encouragement, information, and education to women who want to breastfeed.
lllrochester.weebly.com
1-877-452-5324

Trillium Health

Provides medical and social services on sliding payment scale.
trilliumhealth.org/healthcare/center-for-gynecological-care-and-wellness
585-545-7200

MATERNAL MENTAL HEALTH RESOURCES

Mothers may experience maternal mental health disorders such as depression and anxiety during the perinatal period—one year before and up to two years after a pregnancy. Black women experience a higher prevalence of maternal mental health conditions, especially postpartum depression and postpartum anxiety. Mental health issues among Black pregnant persons are largely underreported, and symptoms often go unaddressed. **If you or someone you know needs urgent help, please call 911.**

Postpartum Resource Center of New York – Parents Line

postpartumny.org
1-855-631-0001
7 days a week | 9 am to 5 pm

Rochester Regional Health's Healthy Moms

On-site mental health counseling, pregnancy education classes and care management.
rochesterregional.org/services/womens-health/healthy-moms
585-368-3490

University of Rochester Perinatal Consultation Clinic (PNCC)

Mental health consultation to women with mood or anxiety disorders who are pregnant, planning a pregnancy or have questions regarding the use of psychiatric medications during pregnancy and/or breastfeeding.
www.urmc.rochester.edu/mental-health-wellness/adult-services/outpatient/perinatal-consultation-clinic.aspx
585-275-3750

Sankofa Family Counseling Services

Sankofa Family Counseling Services provides counseling to individuals, families, and children in the Western New York area.

www.sankofafamilycounseling.com

585-491-6646

BIPOC PEEEEEEK

Network of parents and caregivers impacted by their child's mental illness or other behavioral health and developmental conditions.

positivestepsny.com/bipoc-peeeeeek

585-654-9083

DOULA CARE

A doula is a trained, non-clinical professional who provides physical, emotional, and informational support to a pregnant person before, during, and after childbirth. Studies have shown that this type of personalized support for pregnant persons improves the birth experience and the physical and psychological outcomes for mother and baby, and can have a positive impact on the well-being of a whole family.

The Black Doula Collaborative

<https://blackagendagroup.org/portfolio/the-black-doula-collaborative/>

The Doula Cooperative of Rochester

doulacooperative.com