

LOOKING FOR A DOULA?

CALL OUR HOTLINE

1-833-RI-DOULA



- Families are eligible through their insurance for covered doula benefits.
- Doulas can attend all birthing choices including with pain management medication and cesarean.
- Any birthing person or their provider can request doula services through the hotline or the referral request form on our website.
- Having a doula has been shown to promote better birthing outcomes for the birthing person, support breastfeeding/lactation for a longer time, and enhance the overall birthing experience.

What to know?

Doulas are trained perinatal care professionals who work directly for pregnant, birthing, and postpartum people and their families. They help people understand and navigate hospital policies, provide physical comfort, and support advocacy through their birthing choice.

Doulas provide informational, physical, emotional and advocacy support for pregnant people and their families. Doulas are non-clinical support people who are experienced in navigating the twists and turns of this complex time, helping to provide resources and support.

Evidence strongly suggests that having a doula improves birth and postpartum outcomes. It also reduces instances of poor health outcomes to race and ethnicity bias and discrimination.

Doulas do not replace family members. We add trained professional support to their care team to help navigate the birthing journey.

Doulas are not clinical care providers. They can not answer clinical questions that may require diagnostic tests or care plans. They can not perform clinical tasks.

Many doulas are allowed in the OR during cesarean births, where only 1 additional support person is allowed. During your recovery, while your baby is with your partner, your doula will remain by your side.

Doulas build their trusted relationships with families months before a birth. Reach out early to create the most supportive and informative relationship with your doula – but know that it's never too late to get the support you need.