# MassHealth members can get free doula services during pregnancy, birth, and afterwards!

## ***What is a doula?***

Doulas provide non-medical support to members and families during pregnancy, delivery, and after delivery.

## ***How can a doula help you?***

Your doula can support you and your family based on your unique needs. Doula services are also available for people whose pregnancy ends with a miscarriage, abortion, or stillbirth.

Your doula can:

* Answer your questions about pregnancy and birth
* Meet with you to help you and your family prepare for birth
* Work with you, your family, and your care team during labor and delivery to help make sure you feel supported
* Meet with you after delivery to talk about your birth experience and how you’re feeling
* Give you basic information about breastfeeding or infant feeding and how to take care of your baby
* Connect you with resources in your community based on your needs

## ***Learn more and find a MassHealth doula provider at mass.gov/masshealthdoulas.***

You can also contact the MassHealth Customer Service Center for more information at (800) 841-2900, TDD/TTY 711.