

**If you are interested in
recovery support and/or
doula services, please call
or text us Monday-Friday
8 am to 5 pm:**

Call: **(603) 650-2602**

Text: **(603) 678-0925**



Recovery- Friendly Doula Services



DartmouthHealth.org





What is a Recovery Support Doula?

Our **Recovery Support Doulas** are trained as Doulas and Recovery Support Workers. They have lived experiences that enable them to meet the unique needs of people with substance use disorders during pregnancy, birth or postpartum. They can provide personalized peer support and help in accessing a wide range of local resources and options for supporting well-being.

A **Doula** is a professional who provides continuous, non-clinical support during pregnancy, birth and/or postpartum. Doulas are knowledgeable about birth and the emotional needs of people during pregnancy, birth and postpartum.

A **Recovery Support Worker (RSW)** is a professional who provides guidance and support to people with a diagnosis or history of substance use. RSWs support their clients by providing emotional support, fostering health and resilience and connecting them with resources for meeting basic needs, recovery support, harm reduction and social connection.

How will my Doula support me during pregnancy and birth?

Your Doula will provide:

- Emotional support and information about pregnancy, birth, postpartum, recovery support and harm reduction
- Guidance in navigating the medical system
- Resource sharing and referrals
- Support in preparing for birth and postpartum
- Support in the use of comfort measures during birth including:
 - Positions, massage, counter-pressure, use of the birth ball and more
- Advocacy and support informed consent
- Support for partners
- Phone/text/email support
- Option to attend your prenatal appointments with you

How will my Doula support me postpartum?

Your Doula will provide:

- Emotional and physical support
- Education on baby care and postpartum care
- Help with baby care so that you can take a break (e.g., shower)
- Basic lactation support (your doula may be a certified lactation counselor)
- Light housework and meal preparation
- Resource sharing and referrals
- Support for well-being and recovery from substance use
- Phone/text/email support up to 1 year after pregnancy

RSW/Doulas do NOT:

- Give medical advice
- Perform clinical tasks such as monitoring fetal heart tones
- Diagnose or treat medical conditions
- Make decisions for their clients or interject their personal beliefs
- Care for your children when you are not there