

Culturally Responsive Resources for Families

Culturally Responsive Provider Databases

[Inclusive Therapist](#)

An online directory of culturally responsive, LGBTQ+ affirming, social justice-oriented therapist.

[Sista Midwife Directory](#)

An online directory of Black birth workers (Doulas and Midwives) to help Black families find Black providers.

[Therapy for Latinx](#)

A database of therapists who either identify as LatinX or have worked closely with LatinX communities and understand their needs.

[Postpartum Support International Providers of Color Directory](#)

An online database of providers of color who provide perinatal mental health services in the United States.

For LGBTQ+ Birthing People and Families

[Preparing for Pregnancy as a Non-Binary Person](#)

Steps for preparing for pregnancy as a non-binary person to ensure mental and physical health is supported throughout the process.

[Family Building for the Trans Community](#)

A handbook designed for transgender individuals who are thinking about becoming parents.

[Trans and Pregnant: How to Find Competent, Gender-Affirming Healthcare](#)

Tips and resources to help people find a supportive, trans-friendly team of providers.

LGBTQ+ Families Experiencing Loss

[Return to Zero HOPE: LGBTQ+ Families](#)

Provides support groups, workshops, and resources that address the LGBTQ+ experience in reproduction, pregnancy, and infant loss.

[Pregnancy After Loss](#)

Provides an online magazine, online peer-moderated support groups, local meet-ups, outreach and education, resource listings for families and healthcare providers, and a newsletter.

[Baby in Heaven](#)

Resources and support for grieving LGBT parents.

[The Legacy of Leo](#)

A blog series that present a diverse collection of stories about loss and life after loss that enable other LGBT families experiencing baby loss to feel less alone.

[Facebook Users: Support Groups/Pages](#)

[Postpartum Support International \(PSI\)](#)

Queer and Trans online support group that is open to all members of the queer community who are expecting, adopting, and/or parenting babies for up to 2 years. This group is intended for gestational, non-gestational, and adoptive parents.

[Lesbian Pregnancy, Conception, and Fertility](#)

LGBTQ Birth: Expectant and New Parent Groups

[Birthing Beyond the Binary](#)

Facebook group that offers education and community cultivation for queer, trans, and gender non-conforming people and healthcare providers, focusing on preconception, conception, gestation/pregnancy, birth, and postpartum.

[Rainbow Families](#)

Supports educates and connects lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families, parents, and prospective parents by offering a wide variety of education programs, support groups, opportunities to connect, and more.

[More LGBTQ+ Support Media](#)

[A Womb of Their Own](#)

A film about a group of masculine-of-center-identified people who experience pregnancy.

[Two Moms Podcast](#)

A podcast on lesbian parenting, from fertility and trying to conceive into parenthood.

[LezBeMommies Radio](#)

Interview guests on topics related to lesbian conception, pregnancy, parenting, and health.

For Black, Indigenous, and People of Color (BIPOC) Birthing People and Families

[Centers for American Indian & Alaska Native Health](#)

[Mental Health America](#)

Native and Indigenous Communities and Mental Health

[Indigenous Women's Maternal Health and Maternal Mortality Fact Sheet](#)

[ACOG—American Indian and Alaska Native Women's Health](#)

[Pan-American Health Organization](#)

Gender, Equity, and Indigenous Women's Health in the Americas

[Therapy for Black Girls](#)

Nationwide directory of Black therapists, mental health guides and resources for Black women, and podcast focusing on the Mental Health of Black Women in America.

[Melanin and Mental Health](#)

An online directory that connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

[Anti-Racist Prenatal and Postnatal Care Preferences](#)

PDF document which aims to protect Black birthing people by laying the groundwork for difficult but potentially life-preserving conversations with their care providers.

[Protecting Your Birth: A Guide for Black Mothers](#)

A guide to inform and empower Black women in navigating pregnancy and postpartum care.

[MamaToto Village: A Black Mamas Guide to Living and Thriving](#)

Guide for Black Mothers focused on empowerment, affirmation, and self-determination.

[Top 5 Tips for Celebrating and Empowering Your Pregnancy Journey](#)

Patient handout for Black birthing persons offers helpful information for navigating pregnancy care.

[Top 5 Questions for Your Healthcare Provider to Ensure Collaborative Care](#)

Patient handout for Black birthing persons offering key questions to review with healthcare providers.

[Black Women for Wellness](#)

A community-based organization in California that offers an array of programs for the health and well-being of Black women and girls by building healthy communities through access and

development of health education, awareness, empowerment, and advocacy opportunities activities.

[Black Women Do Breastfeed](#)

A Blog that invites all mothers who identify racially as Black to share their breastfeeding stories.

[NAMI Compartiendo Esperanza: Mental Wellness in the Latinx Community](#)

Compartiendo Esperanza is a three-part video series that explores the journey of mental wellness in Hispanic/Latinx communities through dialogue, storytelling, and a guided discussion

[We R Native](#)

Multimedia health resource for Native teens and young adults

[Live Another Day](#)

Native and Indigenous Peoples Addiction and Mental Health Support

[SAMHSA Tribal Training and Technical Assistance Center](#)

Community Collaboration Webinars

[SAMHSA Tribal Training and Technical Assistance Center](#)

Two Spirit Webinars

[Native Hope](#)

[Indian Health Service Division of Behavioral Health](#)

[NAMI Information and Resources for Indigenous Communities](#)

[Mending the Sacred Hoop](#)

Resources for Addressing Violence Against Native Women

[Respect, Rights, and Representation: 3 Indigenous Women Speak Out](#)

[Decolonizing Wellness](#)

Indigenous Women's Perspective on Healthcare (webinar)

[National Asian American Pacific Islander Mental Health Association](#)

[Support Groups/Facebook Groups](#)

[Postpartum Support International \(PSI\) Black Moms Connect Virtual Support Group](#)

A free virtual support group is offered twice weekly for Black mothers who are seeking peer support during the perinatal period up to 2 years postpartum.

Postpartum Support International (PSI) Grupo de Apoyo Perinatal Virtual Support Group (en Espanol)

Online weekly groups to help connect with other parents and families, talk about experiences, and learn helpful emotional and self-care tools and resources.

Shade of Blue Project: INSPIRE Support Groups

LGBTQ+, Teen Mom, and other virtual support groups.

Mocha Moms

Social/support group for all women of color with children ages 0-15.

Melanin Moms-Facebook

Support group for moms of black children and expecting mothers to get helpful advice from other moms.

Reaching Our Sisters Everywhere (ROSE)

Breastfeeding promotion and resources

Project Milk Mission

Breastfeeding education for new and expecting mothers and their families with an emphasis on cultural awareness.

Professional Organizations

National Association of Professional and Peer Lactation Supporters of Color

A non-profit organization with a mission to cultivate a community of diverse professional and peer lactation supporters to transform communities of color through policy, breastfeeding, and skilled lactation care.

Sista Midwife Productions

A community-based organization that educates birth workers and advocates for birth justice for black moms.

National Black Doula Association

Organization for Black Doula and parents to connect; has a national directory to find Black Doula near you.

The American Society of Hispanic Psychiatry

Organization of psychiatrists, psychologists, and other mental health workers collaborating on mental health treatment with a particular focus on Latino Populations

Advocacy

Black Mamas Matter Alliance

A Black women-led cross-sectoral alliance that centers on Black mamas and birthing people to advocate, drive research, build power, and shift culture for Black maternal health, rights, and justice.

Black Women Birthing Justice

A collective of African American, African, Caribbean, and multiracial women seeks to address issues that Black women face during pregnancy and childbirth. The group works to empower Black mothers and ensure that pregnant people everywhere are supported by caregivers who use evidence-based practices that consider how race impacts lived experiences.

Black Women's Health Imperative

National non-profit solely dedicated to achieving health equity for Black women in America.

National Advocates for Pregnant Women

A community of diverse professionals and peer lactation supporters working on transforming communities of color through policy, breastfeeding, and skilled lactation care. Provides support for both its members and those seeking lactation help through its directory.

National Birth Equity Collaborative

Creates transnational solutions that optimize Black maternal, infant, sexual, and reproductive wellbeing. Shift systems and culture through training, research, technical assistance, policy, advocacy, and community-centered collaboration.

The Black Maternal Health Caucus

The Black Maternal Health Caucus aims to raise awareness within Congress to establish Black maternal health as a national priority, and explore and advocate for effective, evidence-based, culturally-competent policies and best practices for health outcomes for Black mothers

Sistersong

Southern-based, national membership organization whose purpose is to build an effective network of individuals and organizations to improve institutional policies and systems that impact the reproductive lives of marginalized communities.

Shades of Blue Project

Houston-based Non-Profit organization whose focus is on improving Maternal Mental Health outcomes for black and brown birthing people.

Other Media

[TED Talk: How Does Racism Affect Pregnant Women and Babies?](#)

Writer and activist Miriam Zoila Pérez explains how racism manifests for women of color and their babies.

[NATAL Stories Podcast](#)

A Podcast about having a baby while Black.

[Sisters in Loss Podcast](#)

Weekly podcast sharing stories of miscarriage, infant loss, and infertility from the perspective of Black experiences.

[Melanin and Mental Health Podcast](#)

A podcast focused on mental health-related issues faced by Black and LatinX Americans.