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UNMH Volunteer Birth Companion Program

The UNMH Birth Companion Program provides volunteer doulas to all families birthing at UNM Hospital. We are hospital volunteers who can be with you when you are in labor, when you are giving birth, and immediately afterwards. We provide physical, emotional and informational support.

During labor, we can help you get the information you want and understand what medical providers are saying, including what procedures are being suggested. We also help with pain management by assisting with position changes, providing counter pressure and massage, help with breathing techniques, relaxation, visualization and more. Your birth companion can help you feel more comfortable by getting you warm blankets, a birth ball and things to eat and drink, as appropriate.

We do **not** take the place of partners, family or friends. We help them support you. We usually stay for about an hour after you give birth. During that time, we can help with early breastfeeding

We also provide support while you are pregnant by offering a prenatal meeting with one of our birth companions. We will talk to you about what you want for your labor. We can talk about pain management, common procedures and what to expect when you are on the Labor and Delivery floor.

Details

Ages: All ages

Races: All

Genders: All

Intake Process: Call Email

Payment Options: Free

Special Needs: Abused or neglected Immigrants/refugees Persons involved in judicial system

Contact Email: UNMHBirthCompanions@salud.unm.edu

Services

Health Care Individual & Family Support Services Pregnancy, Childbirth & Infant Care

Locations

Phone: (505) 353-9902

Languages Spoken: English Spanish

Geographic Area Served: Bernalillo County

Parent Organization

UNMH Volunteer Birth Companion Program

The UNMH Volunteer Birth Companion Program is a birth justice-focused volunteer program which provides free birth companions (doulas) to families birthing at UNM Hospital. Our birth companions are hospital volunteers who can be with you when you are in labor, when you are giving birth, and immediately afterwards. We provide physical, emotional and informational support. We work with your partner, family or friends to help them support you. Our focus is helping birthing families to have a happy, satisfying and respectful experience.

*2211 Lomas Blvd NE
Albuquerque, NM 87106*

Phone: (505) 353-9902

Primary Contact: Paula Reiss

Contact Email: UNMHBirthCompanions@salud.unm.edu

Type: Nonprofit

<http://unmhealth.org/services/womens-health/maternity/birth-companions.html>