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**From:** DCF BWF Work Programs Help Desk <[BWFWorkProgramsHD@wisconsin.gov](mailto:BWFWorkProgramsHD@wisconsin.gov)>

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**To:** DCF DL DFES BWF TJ TMJ <[DCFDLDFESBWFJTJMJ@wisconsin.gov](mailto:DCFDLDFESBWFJTJMJ@wisconsin.gov)>; DCF DL DFES BWF W-2 REGIONAL STAFF <[DCFDLDFESBWFW-2REGIONALSTAFF@wisconsin.gov](mailto:DCFDLDFESBWFW-2REGIONALSTAFF@wisconsin.gov)>; DCF DL DFES BWF W-2 Agency Directors <[DCFDLDFESBWFW2AgencyDirectors@wisconsin.gov](mailto:DCFDLDFESBWFW2AgencyDirectors@wisconsin.gov)>; DCF DL DFES BWF W-2 Agency CARES Coordinators <[DCFDLW-2AgencyCARESCoordinators@wisconsin.gov](mailto:DCFDLW-2AgencyCARESCoordinators@wisconsin.gov)>

**Subject:** NMHM & BMHM – Outreach & Resources

April is [National Minority Health Month](#) (NMHM), a time to raise awareness and address health disparities affecting racial and ethnic minority groups across the United States.

This past week marked the fifth year anniversary of [Black Maternal Health Week](#) (BMHW), founded by the [Black Mama's Matter Alliance](#)! BMHW is purposefully situated during NMHM to deepen the conversation about Black maternal health in the United States.

In Wisconsin, the [maternal mortality disparity](#) between Black women and non-Hispanic white women is higher than the national average. The [infant mortality disparity](#) between Black newborns and non-Hispanic white newborns is also one of the highest in the nation. Due to these [stark racial disparities and the impact of the social determinants of health](#), it is important to make sure women who are pregnant, and especially those with at-risk pregnancies, are informed of the W-2 services available to them.

Beyond W-2 services, the [Woman, Infants, and Children](#) (WIC) program is also available to eligible women who are pregnant, breastfeeding, postpartum, or have an infant or children under 5 years old. WIC is a DHS assistance program that provides supplemental foods, breast feeding and nutrition education, and referrals to doctors, dentists, and other public assistance programs.

**You can find more information and resources below:**

[The Foundation for Black Women's Wellness](#) is a Wisconsin based non-profit organization committed to mobilizing African American women to pursue and sustain mind-body-spirit wellness, and to raise the visibility and support of Black women's health as a community and public health priority.

[Black Mama's Matter Alliance - Resources & Events](#)

[Wisconsin's Newborn Screening Program](#), administered by the Department of Health Services, helps parents find out if their baby has certain health needs.

[The Centers for Disease Control and Prevention](#) has steps women can take for healthier babies during pregnancy.

[Children's Wisconsin](#), is a private, independent, not-for-profit health care system dedicated

solely to the health and well-being of children.

**Please be aware of these 24/7 mental health crisis response resources:**

[National Suicide Prevention Lifeline](#): 1-800-273-8255

[Substance Abuse and Mental Health Services Administration](#) Helpline: 1-800-662-HELP (4357)

[Crisis Text Line](#): Text HOME to 741741 to connect with a Crisis Counselor

See Mental Health America's [Immediate and Crisis Response](#) for more resources.

If you are looking for information on mental health services available in your community, **call 2-1-1**.

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