



Pregnancy Loss, Stillbirth, Infant Death, Miscarriage, and Grief

** indicates the provider or resource is gender-inclusive and trans affirming*

Resources from Postpartum Support International:

Loss & Grief in Pregnancy & Postpartum:

<https://postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>

Directory of programs, specialized providers, and articles. Includes an extensive list of organizations offering support for varied identities and experiences of pregnancy loss.

Book by Emily Oster & Nathan Fox:

The Unexpected: Navigating Pregnancy During and After Complications

Well-researched book that covers most major pregnancy complications, including evidence-based guidance for navigating subsequent pregnancy after complications.

Organizations:

Empty Cradle: <https://www.emptycradle.org/>

A non-profit serving families who have lost a baby to miscarriage, stillbirth, infant death, TFMR, SIDS or SUID.

TFMR Mamas: <https://www.tfmrmamas.com/>

An organization dedicated to supporting mothers and birthing people who experienced pregnancy termination for medical reasons. Offers support groups, articles, and other resources for your journey.

Through the Heart: <https://throughtheheart.org/>

An organization offering support and education and support for pregnancy loss