

Pregnancy Loss Resources

Hotline Numbers

The Miscarriage and Abortion Hotline, 1-833-246-2632

Exhale 1-866-439-4253 – offers a free, national textline that provides emotional support, resources and information. The Exhale textline is available to individuals who have had abortions, and to their partners, friends, allies, and family members.

National Maternal Mental Health Hotline 1-833-943-5746 (1-833-9-HELP4MOMS)

First Candle. A nationwide, 24-hour, toll-free hotline for expectant and new parents on ways to help their babies survive and thrive, for parents who have experienced a pregnancy loss or the death of a baby, and for professionals working with families. Telephone: (800) 221-7437.

Online Resources

Compassionate Friends – provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. (resources in Spanish and other languages available)

Exhale – offers a free, national textline that provides emotional support, resources and information. All texts are completely confidential and counselors offer support and respect without judgment. The Exhale textline is available to individuals who have had abortions, and to their partners, friends, allies, and family members. 1-866-439-4253

Glow in the Woods (for babylost mothers and fathers) – discussion forum and helpful posts for parents who have lost a baby.

Griefwatch (for perinatal loss) – a publisher and manufacturer of bereavement books and materials used by families and professionals around the country.

Georgetown University – Emotional Healing after a Miscarriage: A Guide for Women, Partners, Family and Friends

Hope Mommies – non-profit organization whose sole purpose is to come alongside moms and families who have experienced miscarriage, stillbirth and/or infant loss, bringing comfort, encouragement, companionship and hope as they continue to walk this side of eternity without their beloved son or daughter.

March of Dimes – overview of dealing with grief after the death of one's baby.

M.E.N.D. – (Mommies Enduring Neonatal Death)- Christian, non-profit organization that reaches out to families who have suffered the death of a baby through miscarriage, stillbirth, or early infant death.

Miscarriage for Men – website that offers directional guidance and support. A place where men, who are suffering in silence, can voice their worries, fears and just support each other, either publicly or anonymously.

Miscarriage Matters – community of parents who have experienced the loss of our child/children, willing to offer our friendship and a listening ear.

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MISS Foundation – provides support for families struggling with traumatic grief. Family Support Packets are available with information and resources for bereaved parents, grandparents and siblings.

PALS (Pregnancy After Loss Support) – PALS supports courageous mamas pregnant again after a loss through connection with peers, awareness in the community, education of providers, and advocacy around the world. PALS also has an app for parents who are conceiving after a loss.

Rachel's Gift – provides support and guidance for caregivers and families enduring pregnancy and infant loss.

Return to Zero – provides compassionate and holistic support for people who have experienced unimaginable loss during their journey to parenthood. (resources in Spanish and other languages available) LGBTQIA+ – Support for LGBTQIA+ families

RESOLVE through Sharing – for providers; a not-for-profit organization providing thought leadership, and an evidence-based yet compassion-first approach to bereavement care.

SHARE Pregnancy and Infant Loss Support – mission to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing, as well as sustaining the family unit.

Sisters in Loss – dedicated to replacing silence with storytelling around pregnancy and infant loss and infertility of black women.

Star Legacy Foundation – virtual grief support groups for family members who have experienced pregnancy or infant loss (group in Spanish available)
Starlegacyfoundation.org

Stillbirthday – seeks to nurture sources of perinatal bereavement, strengthen skills of healthcare professionals and increase healthy engagement of perinatal related needs among communities.

Tears Foundation – seeks to compassionately lift a financial burden from families who have lost a child by providing funds to assist with the cost of burial or cremation services. Also offers parents comprehensive bereavement care in the form of grief support groups and peer companions.

Tommys.org- So much information! Such a valuable resource.

Postpartum.net

<https://www.dahliaperinatal.com/>

Twinlesstwins.org

www.loveabovedoula.com

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<https://perinatalupport.org/resources-for-perinatal-loss/> (This one has SO many resources.)

<http://www.purplelotusdoulas.com/blog/pregnancy-and-infant-loss-resources-and-support/> (lost of resources in this post as well.)

Pink Elephants Miscarriage Support : <https://www.pinkelephants.org.au>

Miscarriage at Home : <https://avivaromm.com/miscarriage-at-home/>

Miscarriage Hurts : <https://www.miscarriagehurts.com>

My Miscarriage Matters : <https://www.mymiscarriagematters.org>

<https://pilsc.org/>

Books

Spirit Baby

Whole: Navigating the Trauma of Pregnancy Loss, By Heather Dolson R.N.

Unexpected: Real Talk on Pregnancy Loss, By Rachel Lewis

All the Love: Healing your Heart and Finding Meaning after Pregnancy Loss, By Kim Hooper

At a Loss: Finding Your Way After Miscarriage, Stillbirth, or Infant Death, By Donna Rothert

Your guide to Miscarriage and Pregnancy Loss: Hope and healing when you're no longer expecting, By Kate White, M.D.

You Are Not Alone: Love Letters From Loss Mom to Loss Mom, By Emily R Long

Mending Softly: Finding Hope and Healing After Ectopic Pregnancy Loss, By Jodi Sky Rogers

Surviving the Unimaginable: Stories of Coping with Pregnancy & Infant Loss, By Pascale Vermont

The Baby Loss Guide: Practical and Compassionate support with a day-by-day resource to navigate the path of grief, By Zoe Clark-Coates

Grace Like Scarlett: Grieving with Hope after Miscarriage and Loss, By Adriel Booker

Glimpse of a Rainbow: Poetry collection on pregnancy loss, healing and hope, By Adriane Jonelle

Empty Arms: Hope and Support for Those Who have suffered a Miscarriage, Stillbirth or Tubal Pregnancy, By Pan Vredevelt

No Matter How Small: Understanding Miscarriage and Stillbirth, By Kristen Riecke

Not Broken: An Approachable Guide to Miscarriage and Recurrent Pregnancy Loss, By Lora Shahine M.D.

You're Not Alone: Shared Stories of Pregnancy Loss, By Michelle Fulton

Sunshine After the Storm: A Survival Guide for the Grieving Mother, By Alexa Bigwarfe

Carrying to Term: A Guide for Parents After a Devastating Prenatal Diagnosis, By Jane Lebak

Coping with Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning, By Amy Wenzel, PhD

Holding on to love After You've Lost a Baby: The 5 love languages for Grieving Parents, By Gary Chapman, PhD.

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So We Can Know: Writers of Color on Pregnancy, Loss, Abortion and birth, By Aracelis Girmay

Books for Siblings

My Sibling Still: for those who've lost a sibling to miscarriage, stillbirth and infant death, By Megan Lacourrege

Dear Star Baby, By Malcolm Newsome

The Duckling In Our Hearts: A Gentle Baby Loss Story, By Kara Mangum

My Brother Lives in Heaven, By Allie Sheehan

Forever Connected, By Jessica Correnti

We Had to Say Goodbye Before We Even Met: A Book for children who have lost a sibling through pregnancy or early baby loss, By Irene Teague

Why is Mommy Crying? By I. Cori Baill

Pregnancy Loss Journals & Workbooks

Grieving the Child I Never Knew: A Devotional for Comfort, By Kathe Wunnenberg

The Miscarriage Map Workbook: An Honest Guide to Navigating Pregnancy Loss, Working through the pain, and Moving Forward, By Sunita Osborn

The Baby Loss Guide- Zoe Clark-Coates

Pregnancy After Loss Books

Pregnancy After Loss: A day-by-day plan to reassure and comfort you, By Zoe Clark-Coates

One Minute Morning, Pregnancy After Loss, Guided Meditations, Affirmations & Gratitude Journal, By Mindful Planner Press

Pregnancy After Loss Support: Love Letters to Moms Pregnant After Loss, By Emily Long & Lindsey Henke

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Courageously Expecting: 30 Days of Encouragement for Pregnancy after Loss, By Jenny Albers
Rebirth: The Journey of Pregnancy After a Loss, By Joey Miller MSW LCSW
Pregnancy After A Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth or Infant Death, By Carol Lanham

Articles:

<https://www.centerforloss.com/2023/12/mourners-bill-rights/>

<https://www.centerforloss.com/2023/12/nurturing-youre-grieving/>

<https://www.centerforloss.com/2023/12/youre-not-going-crazy-youre-grieving/>

<https://www.centerforloss.com/2023/12/helping-dispel-5-common-misconceptions-grief/>

<https://www.centerforloss.com/2023/12/the-importance-of-hope/>

<https://www.centerforloss.com/2023/12/open-presence-loss/>

Push Pregnancy's mission is to Cut the US stillbirth rate by 20% by the end of 2030, in half by 2050, and in time, eradicate all preventable stillbirths.

Through partnerships with health providers and aggressive awareness campaigns, we will **empower every expectant family** with the **equitable, evidenced-based** medical care and education they need to advocate for a healthy pregnancy, giving parents and babies the best possible chance to make it home safely together.

<https://www.pushpregnancy.org/about>

Hear expert perspectives on the impact healthcare professionals can have in improving maternal health and preventing pregnancy-related deaths.

<https://www.cdc.gov/healthcare-providers/videos/index.html>

Study on Subsequent Stillbirth

[https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-021-04355-7#:~:text=women%20with%20a%20previous%20stillbirth%20have%20a%20significant%20higher%20risk%20of%20recurrence%20\(5.8%20per%201000%20versus%203.2%20per%201000%3B%20adjusted%20OR%201.96%2C%2095%25%20CI%201.07%E2%80%933.60\)](https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-021-04355-7#:~:text=women%20with%20a%20previous%20stillbirth%20have%20a%20significant%20higher%20risk%20of%20recurrence%20(5.8%20per%201000%20versus%203.2%20per%201000%3B%20adjusted%20OR%201.96%2C%2095%25%20CI%201.07%E2%80%933.60))

Queer Loss Resources

<https://pregnancyafterlosssupport.org/resources-for-lgbtq-families-experiencing-loss-and-pregnancy-after-loss/>

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<https://www.lgbtqreproductiveloss.org/>

<https://thelegacyofleo.com/lgbt-baby-loss/>

<https://www.tommys.org/baby-loss-support/stories/LGBTQ-loss>

<https://pregnancyafterlosssupport.org/author/alli-baker/>

https://psychology.org.au/getmedia/9ea8dd55-7c2b-4653-8371-b1f732b70b58/lgbt_pregnancy_loss.pdf

<https://rtzhope.org/lgbtq>

<https://www.emptyarmsbereavement.org/lgbtqia-resources>

<https://amosanchors.org/national-resources/information-support/lgbtq-resources/>

<https://www.postpartum.net/get-help/queer-parents/>

Miscarriage Resources

<https://americanpregnancy.org/getting-pregnant/pregnancy-loss/pregnancy-after-miscarriage/>

<https://www.mayoclinic.org/diseases-conditions/pregnancy-loss-miscarriage/symptoms-causes/syc-20354298>

<https://www.ncbi.nlm.nih.gov/books/NBK532992/>

Effectiveness of Misoprostol for Induction of First-Trimester Miscarriages

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4664101/>

Genetic Considerations in recurrent pregnancy loss

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4355257/>

<https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2018/11/early-pregnancy-loss>

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<https://www.marchofdimes.org/find-support/topics/miscarriage-loss-grief/miscarriage#:~:text=Miscarriage%20is%20very%20common..have%20a%20healthy%20pregnancy%20later.>

<https://www.nichd.nih.gov/health/topics/pregnancyloss/conditioninfo/diagnosed>

Common Treatments for Miscarriage

<https://www.aafp.org/pubs/afp/issues/2011/0701/p85.html>

Tools

The Tommy's Miscarriage Support Tool is for women and birthing people who have had 1 or more miscarriages. It gives you personalized support and information if you are considering pregnancy after miscarriage. Based on the information you put in, it can also tell you what the chance is of your next pregnancy being successful.

<https://www.tommys.org/baby-loss-support/miscarriage-information-and-support/about-miscarriage/about-tommys-miscarriage-support-tool>

Perinatal Mental Health Discussion Tool- this helps track your moods and symptoms to discuss with provider.

[://www.postpartum.net/resources/discussion-tool/](http://www.postpartum.net/resources/discussion-tool/)

Count the Kicks is an evidence-based stillbirth prevention program that provides educational resources to healthcare providers and expectant parents. You can download their app on your phone store.

They even created a web-based tool for those who don't have a phone.

<https://startcounting.countthekicks.org/>

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