

Coping with Infertility

A Resource Guide

No person feels prepared to confront infertility and the grief, anxiety, and fear that may follow the infertility diagnosis. Our attuned and knowledgeable psychotherapists are committed to helping you cope with the experience of infertility.

Together we will navigate the physical, psychological, relational, spiritual, and sexual ramifications of infertility. We offer individual therapy, couples therapy, and group support. To learn more, visit our website or call us at 312.809.0298.

We hope the resources below will help you find community and equip you to care for yourself physically, emotionally, and mentally.



Podcasts

- Beat Infertility
- Big Fat Negative
- Infertile AF
- Infertility Feelings
- IVFML
- Joy and Infertility
- Labor Pains: Dealing with infertility and loss during pregnancy or infancy
- Matt and Doree's Eggcellent Adventure
- The Infertile Mafia
- This is Infertility
- The Fertility Podcast
- The Fertility Warriors Podcast

Organizations and Websites

- **American College of Obstetricians and Gynecologists (ACOG)**
ACOG's mission is to improve the lives of all people seeking obstetric and gynecological care, their families, and their communities. ACOG provides fact sheets on many different women's health issues, including aspects of infertility, such as Evaluating Infertility, Treating Infertility, Endometriosis, and others.
https://www.acog.org/womens-health?utm_source=vanity&utm_medium=web&utm_campaign=forpatients
- **Donor Conception Network**
A supportive network of families with children conceived with donated sperm, eggs, or embryos; those considering or undergoing donor conception procedures; and donor-conceived people.
<https://www.dcnetwork.org/>
- **Path 2 Parenthood**
Family Equality's Path2Parenthood program helps members of the LGBTQ community who are interested in becoming parents or growing their families find the resources they need.
<https://www.familyequality.org/family-building/path2parenthood/>
- **Resolve**
RESOLVE: The National Infertility Association, established in 1974, is dedicated to ensuring that all people challenged in their family building journey reach resolution through being empowered by knowledge, supported by community, united by advocacy, and inspired to act.
<https://resolve.org/>
- **The American Society for Reproductive Medicine**
ASRM is a multidisciplinary organization dedicated to the advancement of the science and practice of reproductive medicine. The Society accomplishes its mission through the pursuit of excellence in education and research and through advocacy on behalf of patients, physicians, and affiliated health care providers. You might find their educational videos particularly helpful.
<https://www.reproductivefacts.org/>

Books

- *Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility* by Dr. Alice D. Domar
- *Empty Womb, Aching Heart: Hope and Help for Those Struggling With Infertility* by Marlo Schalesky
- *Ever Upward: Overcoming the Life Long Losses of Infertility to Define Your Own Happy Ending* by Justine Brooks Froelker
- *LGBTQ Family Building: A Guide for Prospective Parents* by Abbie E. Goldberg
- *Random Families: Genetic Strangers, Sperm Donor Siblings, and the Creation of New Kin* by Rosanna Hertz and Margaret K. Nelson
- *The Infertility Journey: Real voices. Real issues. Real insights.* by Tarun Jain, MD
- *Unsung Lullabies: Understanding and Coping with Infertility* by David Diamond, Janet Jaffe, and Martha Ourieff Diamond
- *Your Future Families: The Essential Guide to Assisted Reproduction (What you Need to Know about Surrogacy, Egg Donation and Sperm Donation)* by Kim Berrigman

Books for Children

- *Family Stew: Two Moms Use a Sperm Donor to Build Their Family* by Linda Stamm
- *It Takes Love (and Some Other Stuff) to Make a Baby* by L.L. Bird
- *Mom, Mama, and Me – and How I Came to Be* by Tina Rella
- *The Dancing Fish and the Clever Crab* by Ms. Reen
- *The Extra Button* by Jules Blundell
- *The Pea that Was Me: A Sperm Donation Story* by Kimberly Kluger-Bell
- *Wish* by Matthew Cordell

Warmlines and Hotlines

- RESOLVE HelpLine (<https://resolve.org/get-help/helpline/>): 866-668-2566
- MOMS Line
(<https://www.northshore.org/pediatrics/specialty-programs/neonatology/perinatal-family-support-center/perinatal-depression-program/>): 866-364-6667
- National Maternal Mental Health Hotline
(<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>): 833-852-6262
- PSI HelpLine (<https://www.postpartum.net/get-help/psi-helpline/>): 800-944-4773
- Suicide Prevention Lifeline (<https://988lifeline.org/>): 988