

# Pregnancy and Infant Loss Support

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*Grieving the loss of a pregnancy or infant is a deeply personal process and what works for one person will of course be different for another. Wildflower offers individual and couples therapy to support you during this time. 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.*



## Rituals

- Planting something in a garden or planting a tree
- Holding a memorial service or funeral
- Writing letters
- Getting a Molly Bear (<https://mollybears.org/>)

## Organizations and Websites

- **Glow in the Woods**  
An online support community for baby lost mothers and fathers.  
<http://www.glowinthewoods.com/>
- **M.I.S.S. Foundation**  
Provides HOPE mentors, trained volunteers, bereaved family packets and more.  
<https://missfoundation.org/about>

- **My Miscarriage Matters**

A Charitable Organization, offering global support to mothers and fathers devastated by miscarriage and stillbirth.

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

- **Postpartum Support International**

PSI offers resources and online Pregnancy and Infant Loss Support group to provide connection for mothers grieving the loss of their baby. Led by PSI trained facilitators, this group helps bereaved mothers find support as well as provides useful information and resources to help them navigate the pain of their loss.

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

- **Return to Zero H.O.P.E.**

Return to Zero: HOPE is a non-profit organization engaging a global community of bereaved parents and their health providers to improve mental health outcomes, while also advancing pregnancy and infant loss awareness, education, and support. This organization provides services and support to parents who have experienced pregnancy and infant loss.

<https://rtzhope.org/>

- **Star Legacy Foundation**

An organization that provides a support line staffed by certified grief counselors who have personal experience with pregnancy and infant loss, peer support and live, online support groups for families who have experienced a perinatal loss and for individuals experiencing a pregnancy after a loss. Website provides resources, including reading lists and brochures.

<https://starlegacyfoundation.org/resources/>

- **Still Standing Magazine**

An online magazine for all who are grieving child loss and infertility.

<https://stillstandingmag.com/>

- **SHARE Pregnancy and Infant Loss Support**

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. This organization provides support, information, education, and resources on the needs and rights of bereaved parents and siblings.

<http://nationalshare.org/>

## Books

- A Silent Sorrow, Pregnancy Loss: Guidance and Support for You and Your Family  
By: Ingrid Kohn, MSW and Perry-Lynn Moffitt
- At a Loss: Finding Your Way Through Miscarriage, Stillbirth, or Infant Death  
By: Donna Rothert
- Bittersweet... Hello Goodbye. A Resource in Planning Farewell Rituals When a Baby Dies. Third Edition. Edited by the National Share Office - A complete resource for anyone involved with perinatal loss.
- Empty Cradle, Broken Heart: Surviving the Death of Your Baby  
By: Deborah L. Davis
- Permission to Mourn: A New Way to do Grief  
By: Tom Zuba

## Warmlines and Hotlines

- National Maternal Mental Health Hotline: 833-852-6262
- PSI Warmline: 800-944-4773
- MOMs Line: 866-364-6667
- Suicide Prevention Lifeline: 988