

Pregnancy Loss Resources

We are sorry for your loss. We hope these resources will be helpful at this particularly difficult time.

Online Resources

- **Post Partum Support International**
postpartum.net/get-help/loss-grief-in-pregnancy-postpartum
Provides a variety of resources, including reading materials and peer support options for people experiencing loss and grief in the pregnancy and postpartum periods.
 - Therapist Search
PSI has a directory of perinatal mental health therapists that you can filter by your insurance type, specialization of grief/loss and availability
postpartum.net/get-help/provider-directory
- **Return to Zero**
rtzhope.org/support
Online resource that runs webinars, and has an ongoing list of recommended books, podcasts, and articles related to grief in the pregnancy and postpartum periods. Also has a provider directory to locate support in your area.

Online Groups

- **Pregnancy and Infant Loss Support for Parents**
postpartum.net/group/pregnancy-and-infant-loss-support-for-parents/postpartum.net/group/pregnancy-and-infant-loss-support-for-parents
Provides connection for parents grieving the loss of their baby (miscarriage, ectopic pregnancy, stillbirth, early infant loss, and any type of pregnancy or infant loss). Led by Postpartum Support International (PSI) trained facilitators, this group helps bereaved parents find support, information, and resources to help them navigate the pain of their loss. Please see link for information on dates and times this group meets.
- **Pregnancy and Infant Loss Support for Moms**
postpartum.net/group/pregnancy-and-infant-loss-support-for-moms
Provides connection for mothers grieving the loss of their baby (miscarriage, ectopic pregnancy, stillbirth, early infant loss, any type of pregnancy or infant loss). Led by Postpartum Support International (PSI) trained facilitators, this group helps bereaved mothers find support,

These listings are provided as a convenience for our patients and their families. This list is not comprehensive; there may be other local options. **Mass General Hospital does not endorse any non-Mass General affiliated providers**

information, and resources. Please see link for information on dates and times this group meets.

- **Stillbirth and Infant Loss Support for Parents**

postpartum.net/group/stillbirth-and-infant-loss-support-for-parents

Provides support for parents who have experienced stillbirth or early infant loss. Some of the topics discussed in this group are the process of grief, different ways of grieving/mourning, honoring our babies, birth trauma, and the isolation of loss. This group is led by trained peer facilitators who have also experienced stillbirth/infant loss. Please see link for dates and times this group meets.

- **The National Share Office**

nationalshare.org/online-support

Hosts weekly online group chats that are free of charge to our families and runs an online Pregnancy Loss Group.

This group focuses on the loss of baby through miscarriage, still birth or in the first weeks of life. The 3rd week of the group is dedicated to Pregnancy After Loss, for those pregnant after a loss or trying to become pregnant.

- **Miscarriage Matters, Inc.**

mymiscarriagematters.org

Provides a variety of miscarriage specific online support. You can search for groups in your local area.

Also has specific support groups for men mymiscarriagematters.org/miscarriage-mattes-2-men

In Person Support

- **Massachusetts Center for Unexpected Infant and Child Death**

617-414-7437

www.magriefcenter.org/home

Offers bereavement counseling, home visits, parent support group, parent-to-parent contact and information and referral for families, communities, and professionals after an unexpected death during pregnancy, infancy, or early childhood.

- **The TEARS Foundation**

253-200-0944

thetearsfoundation.org

Offers support groups, emotional support, remembrance events, and financial assistance for funeral costs at their MA Center for Child Loss located in Northborough, MA.

- **The Compassionate Friends**

877-969-0010

compassionatefriends.org

Organization dedicated to assisting families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.
Online database of resources on loss, you can also search for support groups online or in your local area.

- **Robert's Program**

617-919-4513

childrenshospital.org/programs/roberts-program

Serves Massachusetts families in the aftermath of sudden unexplained death of a child under the age of three. They try to help understand the cause of the child's death while supporting families through a very difficult time.

- **Empty Arms Bereavement Support**

413-570-0811

emptyarmsbereavement.org

Community based organization in Western Massachusetts, offers information and referral services, bereavement counseling, and parent support groups.

Podcasts and Books

- "The Worst Girl Gang Ever" podcast theworstgirlgangever.co.uk
- *You are the Mother of All Mothers* book information here- griefwatch.com/collections/infant-loss/products/you-are-the-mother-of-all-mothers