



HANDsupport.org

Helpful Websites for Pregnancy and Infant Loss

Resources for Support by Phone, Email or Online Forum

Baby Loss Family Advisors & Baby Loss Doulas <http://www.babylossfamilyadvisors.org/>

Helpful tips for newly bereaved parents. Find a trained Baby Loss Family Advisor or Doula who offers compassionate and informed support to families facing the loss of a baby in miscarriage, stillbirth or other infant death

Because Your Miscarriage Matters <https://www.mymiscarriagematters.org/>

Web-based support and guidance for both moms and dads who are coping with miscarriage, stillbirth and infant loss. Submit an online support request and get connected, by email, with a peer mentor.

Bereaved Parents of the USA <https://www.bereavedparentsusa.org/>

Grief information and tips for the newly bereaved - including parents, grandparents and siblings - following the death of a child at any age from any circumstance. Many support chapters throughout the USA.

The Compassionate Friends <https://www.compassionatefriends.org/>

National and international peer support groups and information for families who have lost a child of any age and under any circumstance. Many local chapters.

The COPE Foundation <https://copefoundation.org/>

Based in New York, but has helpful resources for parents, children and families living with the loss of a child. Their COPE phone line offers telephone support even outside New York.

Glow in the Woods <http://www.glowinthewoods.com/>

Support for moms and dads of lost babies and potential of all kinds. Discussion forums on a wide range of topics for pregnancy loss and infant death.

Grieve Out Loud <http://www.grieveoutloud.org>

For families and professionals touched by pregnancy loss and infant death. Pen pal match with similar loss, support by phone or email, and private on-line support group through Facebook. Also consulting services to birth professionals and help to form their own bereavement program.

Healing Hearts for Bereaved Parents <http://www.healingheart.net/>

Information and grief support for parents and families suffering with pregnancy loss, infant death, or death of their child or children. Matches pen pals by similar loss, for parents, grandparents, and siblings.

Hope After Loss <http://www.hopeafterloss.org>

Virtual support groups for pregnancy and infant loss, including pregnancy after loss, trying to conceive, termination for medical reasons, and mens' groups.

MISS Foundation <https://www.missfoundation.org/>

Support, advocacy, research, education and resources for families experiencing the death of a child, no matter their age or cause of death. Online support groups for various types of losses and different family members.

Out of the Darkness <http://www.outofthedarknessgriefsupport.com/>

Grief support blog, links to resources for parents, family, friends, caregivers and professionals. Hosted by Kimberly Amato, bereaved mom who wrote [Out of the Darkness, Coping With and Recovering From the Death of a Child](#).

Reconceiving Loss <https://www.facebook.com/ReconceivingLoss/>

Online resource center designed to help women and men coping with pregnancy and infant loss.

Share Pregnancy & Infant Loss Support <https://nationalshare.org/>

Support and information for grieving parents, grandparents, siblings, and others in the family, as well as professionals caring for grieving families. Many resources, including Share chapters in many states and on-line support chats. English and Spanish.

Star Legacy Foundation <https://starlegacyfoundation.org/>

A 501(c)(3) non-profit organization dedicated to reducing pregnancy loss and neonatal death and improving care for families who experience such tragedies. Online support groups.

Grief Information for Bereaved Parents

A Bed for My Heart <https://abedformyheart.com/>

Gentle and supportive information, blog and book, *You Are the Mother of All Mothers, a Message of Hope for the Grieving Heart*.

Center for Prolonged Grief prolongedgrief.columbia.edu

Researched-based information about grief complications and treatment recommendations, for the pain that doesn't go away.

Charlotte's Purpose <https://www.charlottespurpose.com/>

Resources, writings, memorial planning and ideas for grieving mothers, fathers, siblings and grandparents who have experienced a neonatal death.

Faces of Loss, Faces of Hope <https://facesoffloss.com/>

Stories of pregnancy and infant loss, searchable by subject, with a directory of blogs, list of songs, places for memorializing babies, and other helpful resources.

Missing Grace Foundation <https://missinggrace.org/>

Support, education and resources for parents experiencing pregnancy loss, infant death, infertility, and adoption challenges.

Option B <https://optionb.org/about>

Learn how to build resilience for life-changing challenges of all kinds. Read and share personal stories and connect with people who understand. Videos on coping with hardship, practical advice for talking about loss, recommendations on how to live with health challenges, and more.

Refuge in Grief <https://www.refugeingrief.com>

By Megan Devine, author of *It's OK That You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand*. Information, videos and podcasts. Printable tips on self-care for those in the early days of grief and Dos and Don'ts for how to support a griever. Paid online courses like "Writing Your Grief" to help with coping skills.

Remembering Our Babies <https://www.october15th.com/>

For National Pregnancy and Infant Loss Remembrance Day

Return to Zero: H.O.P.E. <https://rtzhope.org/>

Comprehensive resources for infertility, pregnancy loss, termination, stillbirth, infant death, special birth and pregnancy situations, pregnancy after loss, and living without a subsequent child. Dos and Don'ts (what to say). Videos of bereaved parents and healthcare providers.

- Spanish: <https://rtzhope.org/padres>
- BIPOC: <https://rtzhope.org/bipoc>
- LGBTQ+: <https://rtzhope.org/lgbtq>
- Family and Friends: <https://rtzhope.org/family>

Still Standing Magazine <https://stillstandingmag.com/>

Free online magazine for surviving loss and infertility, to empower bereaved moms and dads to embrace life after a loss, including subsequent pregnancy and parenting after loss. Sections on talking to children about death, and information for grandparents too.

Miscarriage

Facts about Miscarriage, Information, Hope and Healing <https://pregnancyloss.info/>

Stillbirth

Birth Injury Center <https://birthinjurycenter.org/>

Advocacy center for anyone who has been affected by a birth injury.

Information on Intrauterine Fetal Demise birthinjurycenter.org/types-of-birth-injuries/intrauterine-fetal-demise/

International Stillbirth Alliance (ISA) <https://www.stillbirthalliance.org/>

An alliance of member organizations and supporters working towards prevention of stillbirth and improvement of bereavement care worldwide.

Termination for Medical Reasons

A Heartbreaking Choice <http://www.aheartbreakingchoice.com/>

Unconditional support for women who have terminated a much-wanted pregnancy due to a poor prenatal diagnosis, a severe or terminal fetal anomaly, a selective reduction, or for the health of the mother. Also has information on many medical conditions.

SIDS

American SIDS Institute <https://sids.org>

Prevention of SIDS and the promotion of infant health through nationwide research, education, and family support, with sensitive answers to their questions.

California SIDS Program <https://www.cdph.ca.gov/Programs/CFH/DMCAH/SIDS/Pages/default.aspx>

Resources for those affected by Sudden Infant Death Syndrome. Information in Spanish and many other languages at the drop-down tab "Select Language."

CJ Foundation for SIDS <https://rarediseases.org>

To eliminate the tragedy of sudden unexpected infant deaths and support families via extensive granting program for education, research and bereavement support.

First Candle <https://firstcandle.org/>

Committed to reducing rates of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths through education and research. At "Bereavement" tab click "Surviving the Sudden Death of a Baby" to download comprehensive information about the grieving process for parents - including fathers and how people grieve differently - children, grandparents and how to remember your baby. They provide grief counseling by phone (24 hours), online support groups, bereavement materials, and peer support volunteers. If you or someone you know has lost a baby to SIDS or other sleep-related infant death please share the First Candle grief support number 1-800-221-7437. <https://firstcandle.org/bereavement-support-for-a-sids-loss-is-critical/>

March of Dimes <https://www.marchofdimes.org>

To improve the health of babies by preventing birth defects, infant mortality, and premature birth. Education for medical providers and the public about best practices, supporting lifesaving research, and offering support to families in NICUs. Also see the section on "Complications and Loss."

Trisomy and other Chromosomal Pregnancy Support

A Trisomy 18 Journey trisomy18journey.org

Stories, information and resources for parents expecting a baby with Trisomy 18, 13, or a similar disorder.

Specifically for Fathers

Blog for Fathers When a Baby Dies fathersgrievinginfantloss.blogspot.com

Blog by Tim Nelson, author of [A Guide for Fathers When a Baby Dies](#).

Grieving Dads Project grievingdads.com

For all grieving dads to share their stories. Kelly Farley, the father who hosts the site, lost two babies before birth. He and his wife went through a lot, including fertility treatments. He wrote [Grieving Dads: To the Brink and Back](#), including the experiences of other bereaved fathers.

Specifically for Siblings

The Dougy Center for Grieving Children and Families dougy.org

Support for children, teens, young adults and their families grieving a death, with lots of information and resources.

National Alliance for Grieving Children <https://childrengrieve.org>

For children and teens grieving a death.

Specifically For Families and Friends

How to Care for Parents Who've Experienced the Loss of Their Baby

<https://rtzhope.org/family>

How to Help and Care for a Friend After Miscarriage or Stillbirth

<http://adrielbooker.com/care-for-a-friend-after-miscarriage-or-stillbirth>

LGBTQIA

Return to Zero: H.O.P.E. <https://rtzhope.org/lgbtq>

LGBTQ Perinatal Wellness Center <https://lgbtqperinatalwellnesscenter.com>

LGBTQ perinatal providers in the Bay Area supporting needs from preconception preparation through childbirth to early parenthood & beyond.

Queerly Trying <https://queerlytrying.wordpress.com>

A blog by a queer, married, child and youth counselor. She and her wife had a beautiful stillborn son and they have an amazing one-year-old daughter.

Communities of Color

Return to Zero: H.O.P.E. <https://rtzhope.org/bipoc>

Support groups, webinars and resources for Black birthing parents.

Sisters in Loss <https://sistersinloss.com/>

Resources and podcast for the Black community.

Cooling Units for Family Use in Hospital

Cenotaph Amish Bereavement Smart Cradle cenotaphproducts.com

Hospital approved cooling unit, designed to be in a family's hospital room after stillbirth or infant death, to give parents and families time to spend with their baby and say goodbye in a private atmosphere.

Cuddle Cot Campaign theardentfoundation.com/cuddlecot-campaign

The Ardent Foundation is one of many efforts, nation-wide, to promote the use of Cuddle Cots in hospitals. Giving families choices and more time together, with a small in-room cooling unit placed inside a crib or basket, to preserve a baby's body and give parents more time to say goodbye. Every moment spent is a precious gift of time and love.

Mental Health/Postpartum Depression

2020Mom 2020mom.org

National advocacy and education for maternal mental health care, including postpartum depression and psychosis.

Online Postpartum Depression Support group <http://www.ppdsupportpage.com>

Information and support for those dealing with postpartum mood disorders, their families, friends, and healthcare providers. Printable brochures about PPD and suggestions for self-care in English, Spanish, Italian and Greek.

Postpartum Support International <http://www.postpartum.net>

Information, support and informed professional care resources for women experiencing depression and mental health issues during pregnancy and postpartum. Online support groups and national directory to find providers trained and experienced in perinatal mental health. Help for both moms and dads. Their PSI Helpline (800) 944-4773, dial 1 for Spanish or 2 for English, has volunteers to return calls (not a crisis hotline).
CA section: <https://psichapters.com/ca/>

Pregnancy After Loss

Pregnancy After Loss Support (PALS) pregnancyafterlosssupport.com

Stories, online magazine, and private PALS moderated Facebook groups for women experiencing the mix of grief and joy of pregnancy after loss.

Pregnancy After Loss App

<https://apps.apple.com/us/app/pregnancy-after-loss-app/id1565702653>

SPALS, Subsequent Pregnancy After a Loss Support <http://www.spals.com>

Mothers who are pregnant again, after prior pregnancy loss and infant death, can subscribe to a support network of email discussions on specific concerns and topics for mutual self-help.

High Risk Pregnancy Support

Sidelines High-Risk Pregnancy Support www.sidelines.org

Information and support for women and their families experiencing high-risk and complicated pregnancies, and premature birth.

Twin to Twin Transfusion Syndrome Foundation www.ttsfoundation.org

Information and support for parents, healthcare providers and other caregivers before, during and after a diagnosis of twin to twin transfusion syndrome. In English, Spanish, French and German.

Infertility Information/Support

Resolve, the National Infertility Association <https://resolve.org>

National support, education and resources for women and men with infertility. Comprehensive information, telephone Helpline and on-line support groups.

Religion Specific Support

Jewish guidelines for mourning stillbirth and neonatal death

<https://www.myjewishlearning.com/article/stillbirth-and-neonatal-death/>

MEND, Mommies Enduring Neonatal Death <https://www.mend.org>

Christian site offering support and resources for families suffering miscarriage, stillbirth, or early infant death.

Books, Cards, Art, Photography, Memorials and Keepsakes

Babies Remembered <http://wintergreenpress.org>

Information, short video, books and resources for parents, families and caregivers. Guidance for newly bereaved parents. Advice for hospital personnel.

Center for Loss & Life Transition <https://www.centerforloss.com>

Books, cards, DVDs, trainings and resources for bereaved families, including adults, children, caregivers and professionals.

Centering Corporation <https://centering.org>

Books, cards, DVDs, and resources for bereaved families, including adults, children, caregivers and professionals

in English and Spanish.

The Comfort Cub <https://thecomfortcub.org>

Weighted teddy bears bring comfort to aching arms and broken hearts.

Grief Books, cards, DVDs, infant urns, and resources for bereaved families, including adults, children, caregivers and professionals. English and Spanish.

Watch <https://griefwatch.com>

Healing Embrace <https://www.healingembrace.org>

Bringing hope and healing to grieving hearts and to celebrate and honor the lives of babies gone too soon. "Birth" weighted bears to hold for empty arms.

How to Obtain Certified Copies of Fetal Death and Still Birth Records:

<https://www.cdph.ca.gov/Programs/CHSI/Pages/Vital-Records-Obtaining-Certified-Copies-of-Fetal-Death-Records.aspx> California Department of Public Health, Vital Records, (916) 445-2684

The Memory Garden <https://www.thememorygarden.org>

Located in Colma, CA open to anyone grieving fertility and pregnancy loss. All are welcome to gather at this space for mourning, remembrance and healing.

Molly Bears <https://mollybears.org/>

Weighted bears for families enduring any form of infant loss.

My Forever Child <https://myforeverchild.com>

Jewelry and gifts for pregnancy loss and infant death.

Now I Lay Me Down To Sleep <https://www.nowilaymedowntosleep.org>

Free photography of infants who have passed away, or who are dying, from trained and sensitive professional photographers who are experienced in working with parents suffering the loss of a baby.

Perfect Memorials <https://www.perfectmemorials.com>

Cremation jewelry and urns, caskets and sympathy gifts.

Portraits by Dana <https://portraitsbydana.com>

Artist uses babies' photos, with on-going input from the parents, to hand-draw very beautiful pencil portraits to honor and remember missing babies.

The Seashore of Remembrance <http://theseashoreofremembrance.blogspot.com>

Babies' names written on the beach sand at sunset, and photographed, for bereaved parents. Plus other memorial artwork.

SoulCyster Creations <https://www.soulcystercreations.com>

Remembrance jewelry by a mom who suffered pregnancy losses due to polycystic ovarian syndrome.

Please help us update this list by emailing us at

info@HANDsupport.org

Last updated 4/15/23 by SM and KS