

Resource List for Pregnancy Loss

Pregnancy After Loss Support (PALS)

<https://pregnancyafterlosssupport.org/find-support/>

PALS offers resources to those who have experienced a pregnancy loss at any gestational age. They have several on-line peer support groups through Facebook ranging from those who are Newly Bereaved to those who are currently pregnant but have experienced a loss in the past. There are articles and educational resources as well.

Star Legacy Foundation

<https://starlegacyfoundation.org/>

They provide support for anyone who has experienced a pregnancy loss including miscarriage, ectopic pregnancy, stillbirth, and loss of an infant. There is also support for those who are dealing with infertility. There are family support services as well to help family members heal as well. Star Legacy Foundation offers a support line, peer companions so that you can speak to someone who has experienced a similar loss, and online support groups.

Mommies Enduring Neonatal Death (M.E.N.D.)

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

M.E.N.D. offers support groups for both women and men who have experienced a miscarriage, stillbirth, or death of an infant. There are nationwide groups as well as a local DFW chapter that offers online and in-person support for men, women and Spanish speaking individuals. There is a Resource tab that offers a bimonthly magazine, music and songs, a book and publication list, as well as information about keepsakes.

Compassionate Friends

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

Compassionate Friends helps to support those who have experienced any type of loss, not just through pregnancy loss. However, they have specific support Facebook support groups for those who have had a miscarriage or a stillbirth. There are also support groups for those grieving the loss of an infant, a toddler, a child, a stepchild or a grandchild.

Miscarriage Hurts

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

Miscarriage Hurts offers resources to support women, men and families. They also talk about Healing Pathways such as building support, exploring emotions, and identifying unhealthy behaviors.