

# 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. Their site offers articles and educational resources as well.

## **Star Legacy Foundation**

<https://starlegacyfoundation.org/>

Star Legacy Foundation provides support for anyone who has experienced a pregnancy loss including miscarriage, ectopic pregnancy, stillbirth, and loss of an infant. There are also family support services to help family members in their journey towards healing, as well as support for those dealing with infertility. 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 as well.

## **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 and women, in both English and Spanish. 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 a loss, not just a loss through pregnancy. They offer Facebook support groups for those who have had a miscarriage or a stillbirth, as well as support groups for those grieving the loss of an infant, toddler, child, stepchild, or grandchild.

## **Miscarriage Hurts**

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

Miscarriage Hurts offers resources to support women, men, and families who have been affected by miscarriage. Miscarriage Hurts also provides information about healing pathways that address topics such as building support, exploring emotions, and identifying unhealthy behaviors.