

Pregnancy Loss Resources

Feelings after the loss of a pregnancy, such as sadness, relief, anxiety, grief, or guilt, are normal and may change over time. There is no one way to process the loss of a pregnancy, as everyone's experiences and reactions are unique. It's OK to ask for support or space while you process your feelings.

You Are Not Alone

While many people believe miscarriage (early pregnancy loss) is rare, about one in four pregnancies result in miscarriage.¹ Most miscarriages don't have an identifiable cause. There is nothing you did to cause the miscarriage and nothing you could have done to prevent it.

There are other types of pregnancy loss:

- About one in 175 pregnancies result in stillbirth² (late pregnancy loss).
- As many as one in six people will experience infertility³ (the inability to achieve a pregnancy after 12 months of regular condomless sex).
- Roughly 900,000 emergency department visits each year are due to early pregnancy loss.⁴

Other experiences, including premature birth, abortion, adoption, and disability diagnosis, can involve complicated feelings as well.

It's important to remember that your loss does not define you or your ability to parent.

Support Resources

If you are struggling after the loss of a pregnancy, support is available. You may want support soon after the loss or after some time has passed. Different supports work for different people. You may want to talk to a friend, family member, or spiritual leader, or you can ask your health care provider to refer you to mental health services.

Here are some free and confidential resources for support:

- **Postpartum Support International:**
 - Early pregnancy loss support groups: Visit postpartum.net/group/early-pregnancy-loss-support-for-moms.
 - Helpline for pregnancy loss: Call 800-944-4PPD (800-944-4773) and press 1 for Spanish or 2 for English; text 800-944-4773 for English or 971-203-7773 for Spanish.
- **988**, 24/7 mental health support: Call or text 988 or visit nyc.gov/988.
- **MiscarriageHurts.org**, healing and support activities for people who have experienced early pregnancy loss: Visit miscarriagehurts.org.

¹ Dugas C, Slane VH. Miscarriage. *StatPearls*. Updated June 27, 2022. <https://www.ncbi.nlm.nih.gov/books/NBK532992/>

² Gregory ECW, Valenzuela CP, Hoyert DL. Fetal mortality: United States, 2020. *Nat Vital Stat Rep*. 2022;71(4). doi:10.15620/cdc:118420

³ World Health Organization. 1 in 6 people globally affected by infertility: WHO. April 4, 2023. <https://www.who.int/news/item/04-04-2023-1-in-6-people-globally-affected-by-infertility>

⁴ Benson LS, Magnusson SL, Gray KE, Quinley K, Kessler L, Callegari LS. Early pregnancy loss in the emergency department, 2006-2016. *J Am Coll Emerg Physicians Open*. 2021;2(6):e12549. doi:10.1002/emp2.12549

Support Resources (Continued)

- **First Candle**, online support groups for people who have experienced pregnancy loss: Visit [firstcandle.org/online-support-groups/](https://www.firstcandle.org/online-support-groups/).
- **Exhale Pro-Voice**, a nonjudgmental support textline (available in English and Spanish) for people who have had an abortion: Text 617-749-2948.
- **All-Options Talkline**, peer counseling and support (available in English and Spanish) for people who are pregnant or want to talk about abortion, adoption, parenting, or pregnancy loss: Call 888-493-0092.
- **Ending a Wanted Pregnancy**, nonjudgmental grief support for people who ended a wanted pregnancy for medical reasons: Visit [endingawantedpregnancy.com](https://www.endingawantedpregnancy.com).
- **Connect & Breathe**, a nonjudgmental talkline for people who have had an abortion: Call 866-647-1764.
- **YourAbortionExperience.org**, healing and support activities for people who have had an abortion: Visit [yourabortionexperience.org](https://www.yourabortionexperience.org).
- **Miscarriage and Abortion Hotline**, support for miscarriage or abortion from experienced volunteer clinicians: Call or text 833-246-2632.
- **Faith Aloud**, religious and spiritual resources related to pregnancy: Visit [faithaloud.org/find-support/spiritual-resources](https://www.faithaloud.org/find-support/spiritual-resources).
- **Return to Zero: Hope**, support resources for people who have experienced pregnancy loss: Visit [rtzhope.org](https://www.rtzhope.org).
- **Star Legacy Foundation**, virtual support groups for people who have experienced pregnancy loss: Visit [starlegacyfoundation.org/support-groups](https://www.starlegacyfoundation.org/support-groups).

Memorialization Resources

Families can ask for a fetal death certificate if they are seeking burial or cremation. To fill out the application, visit health.ny.gov/forms/doh-3667.pdf.

Some people may find comfort and healing in donating their breast milk to another baby in need. For more information, visit nymilkbank.org/donate-after-loss.

Other ways families may choose to remember or acknowledge their loss include footprints, ultrasound images, or religious or spiritual acknowledgments. Ask your provider about these options.

To learn more, visit [acog.org/womens-health/faqs/early-pregnancy-loss](https://www.acog.org/womens-health/faqs/early-pregnancy-loss).