



## Perinatal Loss Resources

- RESOLVE: 1-866-668-2566: A national helpline providing peer support for people experiencing infertility or miscarriage.
- Postpartum Support International: Pregnancy and Infant Loss Support Group:  
<https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>
  - o Early Pregnancy Loss Support for Moms: 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays at 2pm MT
  - o Pregnancy and Infant Loss for Moms: every Friday at 11:30am MT
  - o Pregnancy and Infant Loss Support for Parents: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 7pm MT
  - o Termination for Medical Reasons: Thursdays (time varies)
  - o Pregnancy after Loss: Mondays (time varies)

### Workbook:

- Coping With Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning by Amy Wenzel

### Books:

- The Brink of Being: Talking About Miscarriage by Julia Bueno
- The Miscarriage Map: What To Expect When You Are No Longer Expecting by Sunita Osborn
- You Are Not Alone: Love Letters From Loss Mom to Loss Mom by Emily Long
- About What Was Lost: Twenty Writers on Miscarriage, Healing, and Hope by Jessica Berger Gross
- Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah Davis (Author)
- More about stillbirth, but some women who miscarry find reading about that helpful as well:
- An Exact Replica of a Figment of My Imagination: A Memoir by Elizabeth McCracken

### Articles:

- Eighteen Attempts at Writing About a Miscarriage by Alice Bradley.  
<https://www.thesunmagazine.org/issues/408/eighteen-attempts-at-writing-about-a-miscarriage>
- Dear Newly Bereaved Parent by Angela Miller;  
<https://stillstandingmag.com/2016/01/27/dear-newly-bereaved-parent/>
- The Japanese Art of Grieving a Miscarriage by Angela Elson.  
<https://www.nytimes.com/2017/01/06/well/family/the-japanese-art-of-grieving-a-miscarriage.html>
- Mourning my Miscarriage by Peggy Orenstein.  
<https://www.nytimes.com/2002/04/21/magazine/mourning-my-miscarriage.html>
- The Heartbreak of Almost: A Modern Miscarriage Story by Nora McInerney.  
<https://medium.com/@noraborealis/the-heartbreak-of-almost-a-modern-miscarriage-storyd9cf5bb3d85d#.7hp46nsh1>
- That Time We Didn't Become Parents on Social Media by Kelly Ferraro.  
<https://medium.com/@kellyferraro/that-time-we-didn-t-become-parents-on-social-mediabf18b1fb32a0#.tanuitv9x>

- The Internet Still Thinks I'm Pregnant by Amy Pittman.  
<https://www.nytimes.com/2016/09/04/fashion/modern-love-pregnancy-miscarriage-apptechnology.html>
- "There Was No Child, I Told Myself": Life and Marriage after Miscarriage by Christen Decker Kadkhodai. <https://www.theguardian.com/lifeandstyle/2016/jul/16/miscarriage-pregnancy-motherhoodloneliness>

#### Podcasts:

- Terrible, Thanks for Asking (Not specifically about miscarriage, but generally about coping with loss and hardship): <https://podcasts.apple.com/us/podcast/terrible-thanks-for-asking/id1126119288?mt=2>
- Sisters in Loss: <https://www.ericammcafee.com/podcast/>
- The Still Mama Tribe (more about stillbirth but some episodes about miscarriage): <https://thestillmamatribe.wixsite.com/stillmamatribe/podcast>
- Specific Episodes:
  - o Katie's Crib: Miscarriages: You are not Alone with Amy Mass & Jackie Seiden.  
<https://podcasts.apple.com/us/podcast/miscarriages-you-are-not-alone-w-amy-mass-jackieseiden/id1367251383?i=1000411993304>
  - o Dear Sugars: Redux: When Your Loved Ones Just Don't "Get It."  
<https://podcasts.apple.com/us/podcast/redux-when-your-loved-ones-just-dont-getit/id950464429?i=1000497826030>