

Therapists Who Specialize in Supporting Families After Pregnancy or Infant Loss

- [Megan Davis Psychotherapy](#) — (919) 322-9266
- [Anchor Perinatal Wellness](#) — (919) 275-0806
- [Rosenberg Perinatal](#) — (984) 409-7949
- [Beautiful Chaos Counseling](#) — (404) 625-6222
- [Flourish and Thrive NC](#) — (704) 228-3745
- [Aviance Gooch Profile](#) — (984) 375-1284
- [Renewed Strength Counseling](#) — (919) 891-0016
- [Balanced Wellness](#) — (843) 212-6651
- [Bloom Perinatal Psychotherapy](#) — (910) 275-4772
- [Ruth Amos Counseling](#) — (919) 244-1885
- [Zoe Services PLLC](#) — (984) 999-0731
- [Out of the Woods Therapy](#)
- [Climbing Hills Counseling](#) — (336) 600-4455
- [Nurture Wellness NC](#) — (910) 742-0535
- [Waypoint Counseling](#) — (919) 275-1405
- [Moonrise Counseling](#) — (919) 263-4868
- [Jenna Horgan TherapyDen](#) — (919) 322-9457
- [Dr. Sara Louca](#) — (828) 407-1247
- [Jenna Desrosiers Counseling](#) — (919) 213-6433
- [Light Your Paths](#) — (984) 977-8678
- [JPB Counseling](#) — (336) 496-8027
- [Empowered Healing](#) — (919) 698-5955
- [Delightful Counseling Services](#) — (828) 518-1394
- [Be Bold Psych NC](#) — (919) 525-1873
- [New Narratives Therapy & Wellness](#) — (828) 263-6242
- [Charlotte Women's Counseling](#) — (704) 313-3088
- [Calming Tides Counseling](#)
- [Second Haven Therapy](#)
- [Reviving Well](#) — (252) 424-4886
- [Little Seed Counseling](#) — (336) 405-8583
- [Banyan Tree Counseling](#) — (336) 448-4451
- [OTH Counseling](#) — (984) 207-6175
- [Kayce Hodos Counseling](#) — (919) 414-0979
- [Fermata Counseling](#)
- [Carolina Counseling & Wellness](#) — (984) 256-8754

Support Groups

International/National

Postpartum Support International. Numerous groups supporting families after pregnancy and infant loss, including specific groups for women, parents, black moms, ending a wanted pregnancy for medical reasons, pregnancy after loss, etc. Virtual. Free. If interested, register [online](#).

Empty Cradle. Virtual. Free. Various groups: pregnancy and infant loss, subsequent pregnancy, and early pregnancy loss. If interested, register [online](#).

Star Legacy Foundation. Virtual. Free. Various groups: bereaved parents, dads' grief, parenting after loss, pregnancy after loss. If interested, register [online](#).

Durham

TFMR (Termination for Medical Reasons) Support Group. This group is focused on supporting mothers and birthing individuals who are coping with ending a wanted pregnancy due to a prenatal or medical diagnosis. This group meets monthly. A blend of virtual and in-person meetings. For more information, please contact Julia Tarr at (919) 681-6840 or Julia.Tarr@duke.edu.

Raleigh

Compassionate Friends of Wake County. Support group for parents who have lost a child of any age. In-person. Free. Meets on the second and fourth Tuesdays of the month at 7 pm. If interested, email Pattie Griffin at pattie.grif@gmail.com. The national organization of Compassionate Friends also operates a weekly chat room for women/couples who have experienced pregnancy or infant loss. Register for the [chat room](#).

Parent Care at WakeMed. Support group for women or couples who have experienced a pregnancy or infant loss. Virtual for most meetings/In-person once a quarter. Free. Meets on the first and third Thursdays of the month at 7 pm. If interested, contact (919) 350-7853 or email parentcare@wakemed.org

Greensboro

Cone Health Women's and Children's Center. Support group for those who have suffered the loss of an infant or child. Virtual. Free. Meets on the second Wednesday of every month at 6:30 pm. If interested, please call (336) 832-6882 or register [online](#).

Podcasts

Sisters in Loss. This podcast highlights faith-filled Black women who share their stories of grief and loss. Whether you've experienced a miscarriage, infant loss, stillbirth, or infertility, you'll learn strategies to heal, find clarity, peace, hope, and a path to empowerment after loss.

The Worst Girl Gang Ever. Miscarriage, infertility, and baby loss. Honest conversations about unspoken experiences.

Sucky Sisterhood. We highlight women and men who vulnerably share their perspectives, hearts, and stories. By normalizing conversations about pregnancy loss, we collectively encourage those on their healing journey and educate others who are unfamiliar with the issues surrounding miscarriage and infant loss.

What I Wish I Knew After Pregnancy Loss. This podcast offers support and encouragement for all stages of pregnancy loss, whether it was early in pregnancy or a stillbirth. It provides information about pregnancy loss, healing, and recovery.

Cry It Out Loud. A genuine talk podcast by Chasing Rainbows. We bring together parents navigating infertility, miscarriage, stillbirth, infant loss, and pregnancy after loss. We share honest conversations and healing stories.

Miscarriage Stories. A space for women to share their experiences with loss, grief, and life afterward.

Finding Hope After Loss. This podcast shares insights into pregnancy and infant loss, grief, infertility, parenting after loss, and pregnancy after loss.

The Other Mothers. This podcast is hosted by three friends who openly discuss their experiences with baby loss and invite guests to share their stories as well.

Still a Part of Us. This is a place where moms and dads can share the birth stories of their children who were stillborn or who died in infancy.

Confessions of a Grieving Mother. Miscarriage, stillbirth, and infant death affect more families than you might realize. These two women are here to help educate, support, and break the stigma surrounding this topic of pregnancy and infant loss.

Still Parents. A candid podcast where dads share their experiences coping with loss.

Men on Miscarriage. Conversation about miscarriage for men, dads, guys, and husbands.

Guys and Grief. This podcast is aimed at fathers who have experienced pregnancy or infant loss. It provides a platform to discuss the often overlooked and under-resourced perspective of men who have gone through child loss.

Books

[Unexpected: Real Talk on Pregnancy Loss by Rachel Lewis](#). When your baby dies, you find yourself in a life you never anticipated. Although pregnancy and infant loss are common, it feels unfamiliar *to you*. Instead, you feel like a stranger in your own body, surrounded by well-meaning people who often don't know how to support you. What you need during this time is not a book offering easy answers. You need a safe space to help you navigate difficult issues.

[The Worst Girl Gang Ever by Bex Gunn and Laura Buckingham](#). After pregnancy loss, it can feel like you've forgotten how to speak and need to learn a new language. You may tell your story to a room full of people, but if no one speaks this new language, they won't understand. They will try, but ultimately, they won't fully grasp what you are saying. This is us. This is our new language. It's a language built from pain, and it's a language we need to teach others. Welcome to our gang.

[Unimaginable: Life After Baby Loss by Brooke Taylor](#). This is the story of surviving the death of a child, navigating the complexities of life after pregnancy loss, and discovering that grief can somehow become a part of our lives without overtaking them completely.

[The Miscarriage Map: What to Expect When You Are No Longer Expecting by Sunita Osborn](#). The author offers an unflinchingly honest look at the aftermath of miscarriage. She tackles topics such as how to communicate with your partner, how to navigate difficult emotions, how your relationship with your body might be affected, and how to move forward from others' insensitive comments.

[Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis](#). The author helps parents wrestle with the emotions that follow a loss and offers coping methods for the tragedy. She also dedicates chapters to providing resources for fathers, as well as for parents who might worry about their living children.

[A Thousand Pounds: Finding the Strength to Live and Love Under the Weight of Unbearable Loss by Brianne Edwards](#). A memoir of grief after life-changing loss. A companion for those in the trenches of grief. This is a book that will pierce your heart and leave you changed. It is a journey from debilitating grief to a new depth of healing and hope.

[At a Loss: Finding Your Way After Miscarriage, Stillbirth, or Infant Death by Donna Rothert](#). If you've experienced miscarriage, stillbirth, termination of pregnancy due to health risks or abnormalities, or the death of your baby within the first year, you are not alone. Life after these losses can be heartbreaking, confusing, and lonely. Whether you are early in your grief or years later exploring the loss, you will find self-compassion, healing, and new ways to make meaning of your experience.

[He Lost His Baby Too: Survival Guide for the Grieving Dad by Kelly Farley](#). In the aftermath of a tragic loss—whether it's a miscarriage, a stillbirth, or the untimely death of an infant—this invaluable resource unpacks the layers of pain that overwhelm grieving fathers. Written by a grieving dad, this book offers honest, unflinching insight and explores the raw pain that comes with such a profound loss, reassuring men that their emotions, no matter how intense, are valid and shared by others who have experienced similar grief.

[**A Guide for Fathers: When a Baby Dies by Tim Nelson.**](#) This book focuses on supporting fathers through the grieving process after a pregnancy loss. The guide shows fathers how they can get through the days following a loss while remaining a source of strength for their partner. With many resources available for moms, this book is a *must*-have for dads.

[**Grieving Dads: To the Brink and Back by Kelly Farley.**](#) This is a collection of honest stories from grieving dads. They are real stories that cut through any pretense and are told with brutal honesty. Men who have shared their deepest and darkest moments. Some of these men have recovered from the brink, while others remain stuck in their pain.

Phone Support

Hotlines

(Available 24 hours a day/7 days a week)

National Maternal Mental Health Hotline. Call or text (833) TLC MAMA/ (833) 852-6262. The hotline provides confidential support, resources, and referrals to pregnant and postpartum mothers facing mental health challenges and their loved ones.

NC HopeLine. If having suicidal thoughts and need support/resources, call (877) 235-4525.

988 Lifeline. If having suicidal thoughts and need support/resources, call or text 988.

Warmlines

Staff or volunteers are available for support during specific hours. This is not a crisis line, and your call or text may not be returned until the next day.

Postpartum Support International. Call or text (800) 944-4773. 7 days a week, 8 am to 11 pm.

Star Legacy Foundation. Call or text (952) 715-7731. 7 days a week, 8 am to 8 pm CT. Voicemails are returned within four hours.

Additional Grief Resources

Star Legacy Foundation. Provides information, resources, and support for those who have experienced pregnancy loss. Support line answered by certified grief counselors. Peer support is offered via phone and text. Virtual groups for bereaved parents, dads, and women wanting to pursue pregnancy after loss.

Share: Pregnancy and Infant Loss Support. Virtual support groups for pregnancy and infant loss, as well as for women who want to pursue pregnancy after loss.

The Finley Project. This program is committed to providing care for mothers who have experienced the loss of an infant. The team provides a lifeline for mothers in the minutes, hours, and days after infant loss through a 7-part holistic program that supports each mother physically, emotionally, and spiritually.

First Candle. Dedicated to supporting families after an infant loss. Offers numerous programs, including a grief hotline, peer-to-peer support, and virtual groups.

Additional websites

- [Douggy Center](#)
- [Hand to Hold](#)
- [Pregnancy Loss Support](#)
- [Still Standing Magazine](#)
- [MISS Foundation](#)
- [Grief Haven](#)
- [Pregnancy After Loss Support](#)
- [Compassionate Friends](#)
- [GriefShare](#)
- [Transitions LifeCare](#)
- [The Shore Grief Center](#)