SHADES of BLUE PROJECT

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Pregnancy and infant loss

There is no required way to grieve

Miscarriage, stillbirth, and infant loss can change daily life. Your loss matters, and you deserve support that respects your story.

01 Honor your own experience

- Sadness, anger, numbness, and anxiety can shift over time. Partners and relatives may grieve differently. [1, 2]
- Choose whether, when, and with whom you share your story. You can set boundaries around visits, advice, and announcements.
- Ask loved ones to use the words or name that feel right to you. Remembrance is a personal choice.

02 Care for your body too

- Keep medical follow up appointments. Ask about pain, bleeding, milk production, sleep, and physical changes after your loss.
- Chest pain, breathing difficulty, heavy bleeding, severe headache, or fever of 100.4°F or higher needs immediate medical attention. [3]
- Tell clinicians you were recently pregnant, even when the reason for seeking care seems unrelated to pregnancy. [3]

03 Let support meet you

- Ask someone you trust to handle messages, meals, errands, or arrangements when everyday decisions feel heavy.
- Consider a loss support group or counselor who respects your culture, faith, family, and experience. [1, 2]
- Seek assessment when distress feels unmanageable, disrupts daily care, or includes persistent hopelessness, nightmares, or severe anxiety. [2]

You do not have to wait a certain amount of time to ask for more support.

ROOM FOR YOUR GRIEF

Find support shadesofblueproject.org/support **Request services →**

U.S. immediate danger or suspected psychosis: call 911 or go to an emergency department. **Suicidal crisis or emotional distress:** call 988 or text 988.

Maternal support: call or text 1 833 852 6262. Free, confidential, 24/7. HRSA. Not a crisis line.

Sources [1] NICHD Coping After Stillbirth [2] ACOG Finding Emotional Support After Pregnancy Loss [3] CDC Urgent Maternal Warning Signs

Educational information, not a diagnosis. Updated November 17, 2026.