



What is pregnancy loss?

Pregnancy loss is the death of an unborn baby (fetus) at any time during pregnancy. Most pregnancy losses happen during the first trimester. This is often so early that the mother doesn't even know she is pregnant.

About half of early pregnancy losses are from problems with genes or chromosomes. But other things can also play a role. It is usually not caused by anything the mother did.

Many grieving families have found the following to be helpful:

Seeing or holding the baby if possible in later pregnancy losses and with babies with a birth defect who die.

Remembrances. These include a lock of hair, hand or footprint, photographs, or naming of the baby.

Counseling with a professional who is experienced in grief counseling.
Holding a memorial or funeral service.

TIPS FOR SUPPORTING SOMEONE AFTER PREGNANCY OR INFANT LOSS

DO	DON'T
Ask how they are and allow them to speak about their loss	Ask when they will have another child or remind them that they can get pregnant again
Offer to help them with tasks around the house	Use "at least..." statements
Be present and let the mourner lead the way	Avoid speaking about the loss
Remember that there is no right or wrong way to grieve and that grief is a lifelong process	Stop supporting them after a certain amount of time

1 IN 4 *women*
experience pregnancy or infant loss.

Mental Health is Health

Mental health matters

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, cope with stress, and connect with others.

Mental health conditions are common

Conditions such as anxiety and depression can affect people of all ages and backgrounds. They are real health concerns, and support is available.

Small steps can support well-being

Getting enough sleep, staying physically active, connecting with loved ones, and managing stress can help support mental well-being.

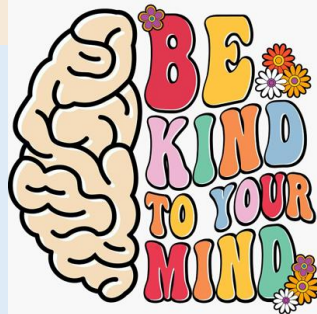
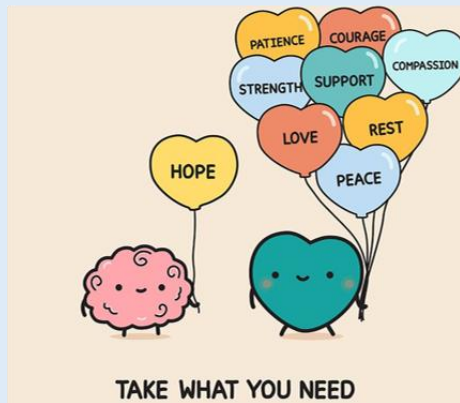
Asking for help is important

Emotional difficulties persist or interfere with daily life, talking with a healthcare professional can help. You do not have to face challenges alone.

You Are Not Alone

Call or text 988

Suicide & Crisis Lifeline Free, confidential support is available 24 hours a day, 7 days a week. Spanish-language support is available.



Connection can make a difference.

Supportive relationships help people cope with stress and are associated with better mental and physical health.

Small acts of self-care matter

Getting enough sleep, moving your body, eating regularly, and being available for relaxing activities can support well-being.

Asking for help is a positive step

Talking with someone you trust, or a qualified mental health professional can help you find support.

Kindness and understanding matter

Listening without judgment and helping people feel supported can encourage open conversations about mental health.

It is okay to have difficult days

Positive mental well-being does not mean feeling happy all the time. People can experience stress or sadness and still develop healthy ways to cope.

