



Pregnancy and Infant Loss (PAIL) Resources

This is a resource guide for professionals to help connect families experiencing pregnancy or infant loss with appropriate supports and services.

Resource Referral & Navigation

[Fetal & Infant Mortality Review](#)

For Chicago families wanting to participate in an interview to discuss their loss and available resources, email fimr@bsd.uchicago.edu or call [773.834.5659](tel:773.834.5659) or complete this form: redcap.link/FIMRreferral

[Missing Pieces](#)

Supports families and their communities following the death of a child, connecting families to individualized information, support, therapy, and other resources. Submit a referral at: missingpiecesgrief.org/referral

Helplines & Peer Support

[National Maternal Mental Health Hotline](#)

Professional counselors provide 24/7 free, confidential, support and navigation. Call or text: [1.833.TLC.MAMA](tel:1.833.TLC.MAMA)

[Illinois MOMS Line](#)

A free, confidential hotline offering 24/7 live support by mental health professionals in any language (not limited to NorthShore patients). Call [866.364.MOMS \(866.364.6667\)](tel:866.364.MOMS) for information and support

[Star Legacy Foundation Helpline](#)

A support line staffed by professionals who have experienced PAIL. The support line is answered 8am - 8pm CT & voicemails returned within 4 hours during this time. Contact [952.715.7731](tel:952.715.7731) (Call), [952.715.7731](tel:952.715.7731) (Text)

[SIDS of Illinois, Inc.](#)

If you or someone you know has experienced the death of an infant, birth to age 1 year, regardless of cause or manner of death, we are here for you. Call [630.541.3901](tel:630.541.3901) or email SIDS@sidsillinois.org

[Gifts from Liam](#)

If you or someone you know has experienced pregnancy or infant loss and want someone to talk to, call [312.880.7411](tel:312.880.7411) or email hello@giftsfromliam.org

Financial & Funeral Support

[Colette Louise Tisdahl Foundation](#)

Financial Assistance for families experiencing loss from pregnancy through infant loss up to 1 year. Assistance for: transportation, phone bills, utilities, rent/mortgage, burial or cremation costs, car payments, car insurance. Apply by Thurs. 5PM to hear back by the following Mon.: colettelouise.com/financial-assistance

[Robey Park Manor Funeral Home](#)

Provides free on-site funeral services for pregnancy and infant loss. Families pay off-site costs: cremation \$250, burial at Catholic cemetery of choice \$575. [2510 Chicago Road Chicago Heights, IL 60411](https://www.robeyparkmanor.net). For more information call [708.756.2310](tel:708.756.2310), or email wecare@robeyparkmanor.net

Support Groups

[Star Legacy Foundation](#)

Free English and Spanish support groups and peer support available to all affected by the death of a baby, including parents, siblings, grandparents, & other family/friends. Find support: starlegacyfoundation.org/support-groups

[Beyond the Baby Blues](#)

Free 6-week virtual support groups for families who have experienced a miscarriage, stillbirth, or death of a newborn. To connect with a group, reach out to info@beyondthebabyblues.org or call [847.864.7957](tel:847.864.7957)

Lactation Support

[Mothers Milk Bank of Western Great Lakes](#)

Offers bereavement milk donation option for families after loss. Complete online donor interest form at milkbankwgl.org/donate-milk to get started or contact at programs@milkbankwgl.org or [847.262.5134](tel:847.262.5134)



To find additional resources for financial support, therapy, support groups, spiritual support, keepsakes, memorials, wellness & selfcare, and more visit the PAIL resource directory: tinyurl.com/fcc-paildirectory



The Family Connects Chicago PAIL subcommittee focuses on educating, raising awareness, and improving bereavement support for families who have experienced pregnancy or infant loss. Fill out this form if you are interested in being a part of this subcommittee or receiving updates: tinyurl.com/fccpail