



WHAT TO KNOW ABOUT

Gamete and Embryo Donor Support Groups

These groups bring together people who have donated sperm, eggs, or embryos for assisted reproduction, offering peer community for the emotional dimensions of donation that clinical settings rarely address. Donors enter through many pathways and motivations, and the long-term meaning of donation varies widely. Each type has a distinct experience: sperm donation is less physically demanding but raises identity questions in a DNA-testing era; egg donation is a physically intensive medical process; embryo donation involves relinquishing embryos from one's own fertility journey. What all three share is the possibility of offspring, and the questions that raises about identity, relationship, and responsibility.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for donors wanting peers who understand the experience firsthand.
- Especially for the long-term dimensions clinics rarely address.
- Significant distress may call for a third-party-reproduction specialist too.

What it's for

People who have donated, or are considering donating, gametes or embryos.

For questions about genetic offspring and contact with recipients or offspring.

For integrating the donor role into identity over years and decades.

WHAT TO EXPECT

1 Mostly open online communities, organized by donation type, always available.

2 Peer-led; no formal curriculum and no clinician-led groups for this population.

3 Facilitated discussions (e.g. We Are Egg Donors) run on a scheduled basis.

Research is early, and points to a real gap in donor care.

- A review of 46 international guidelines found consistent gaps in **donors' psychosocial needs, follow-up, and post-donation support.**¹
- Shared-experience peer communities reliably support **normalization, coping, and social connection.**²

MAKING THE MOST OF IT

No frame of reference? Most people in your life have none. Peers do.

Recovery wisdom. For egg donors, peer knowledge clinical info doesn't cover.

The long view. Integrating a donor role unfolds over decades, not weeks.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is it for my donation type (sperm, egg, embryo)?
- 2** Is it an ongoing forum or a scheduled facilitated discussion?
- 3** Does it support navigating contact with offspring or recipients?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

Free to browse · No account needed · thegroupguide.com



If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Gamete and Embryo Donor Support Groups · references keyed to the numbers on page 1.

- 1 Iranifard, E., Ebrahimzadeh Zagami, S., Amirian, M., Ebrahimipour, H., & Latifnejad Roudsari, R. A systematic review of assisted and third-party reproduction guidelines regarding management and care of donors. *Reproductive Health* (2024), 21(1), Article 75.
- 2 Lyons, N., Cooper, C., & Lloyd-Evans, B. A systematic review and meta-analysis of group peer support interventions for people experiencing mental health conditions. *BMC Psychiatry* (2021), 21(1), Article 315.

If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact.