



WHAT TO KNOW ABOUT

Infertility Support Groups

These groups bring together people navigating difficulty conceiving or sustaining a pregnancy: those in fertility treatment, those who have decided to stop, those exploring donor conception or adoption, and those living with an unresolved journey. Infertility is common (about one in six couples worldwide) yet surrounded by silence and shame. They differ from pregnancy loss bereavement groups, which focus on grief after a confirmed loss. Infertility groups hold the often years-long process itself: the cycling hope and devastation of each treatment cycle, the financial strain, the toll on relationships, and the identity questions infertility raises.

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

- A fit for anyone wanting peers who understand the experience firsthand.
- In active grief after loss? A bereavement group may serve you better.
- Significant depression or relationship distress may call for therapy too.

What it's for

People at any stage: new diagnosis, active treatment (IUI, IVF), or a break.

For decisions about donor eggs or sperm, surrogacy, or embryo adoption.

For those grieving the choice to stop treatment. Serves individuals or couples.

WHAT TO EXPECT

1 Groups meet monthly or biweekly; drop-in formats fit unpredictable cycles.

2 No required treatment path: pursuing, pausing, or stopping are all welcome.

3 The best cultures keep confidentiality and limit unsolicited advice.

Group support has strong, multi-outcome evidence here.

- A meta-analysis of 30 trials (2,752 people) found group psychological support produced **large reductions in depression and anxiety** and less fertility-related stress.¹
- A review of 49 studies found online peer communities offer **emotional, informational, and companionship support**, with risks of misinformation when unmoderated.²

MAKING THE MOST OF IT

The two-week wait, understood. Others know the texture without explanation.

Permission to grieve. Loss without a recognized event is still loss here.

All feelings welcome. Anger, ambivalence, and hope can share the room.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is this peer-led or facilitated by clinic social work staff?
- 2** Does it welcome partners, and individuals or couples?
- 3** How does it handle advice-giving and confidentiality?

Ready to find a group?

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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

Infertility Support Groups · references keyed to the numbers on page 1.

- 1 Warne, E., Oxlad, M., & Best, T. Evaluating group psychological interventions for mental health in women with infertility undertaking fertility treatment: a systematic review and meta-analysis. *Health Psychology Review* (2023), 17(3), 377–401.
- 2 Lin, J. W., & Shorey, S. Online peer support communities in the infertility journey: a systematic mixed-studies review. *International Journal of Nursing Studies* (2023), 140, Article 104454.

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