



# Resources for Near Miss Individuals and Families

A **Near Miss Individual** is defined as a very ill, pregnant, or recently delivered person who nearly died but survived a complication during pregnancy, childbirth, or within 42 days of termination of pregnancy. The most common events that occur surrounding childbirth are hemorrhage, cardiovascular complications (eclampsia, pre-eclampsia, i.e. uncontrolled high blood pressure), infection, and postpartum mood disorders.

## *How Do I Know if I am a Near Miss Survivor?*

Speak to your provider, mental health counselor (if you have one), family and friends. Sometimes it can take time to understand and process a birth experience and everyone's story is different.

**You are not alone.**



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**Faces of Postpartum** is a project supporting families across the childbearing spectrum. The objective of this project is to offer a safe space to open up about motherhood, parenthood, gender, race, class issues, sexuality, breastfeeding, abortion, relationship, birth, adoption, near-miss experiences, mental health, illness, and loss.

**2020 Mom** is an organization that focuses on a range of mental health disorders including perinatal depression, anxiety and psychosis. When left untreated, these disorders can cause devastating consequences for the mother, her baby, the family and society.

- [awareness](#) materials
- [hospital programs](#) that help women with mental health disorders
- [advocacy materials](#)

**Maternal Near Miss Facebook Group** is specifically for Maternal Near-Miss Survivors. Maternal near miss events are often unexpected and may leave the survivor feeling isolated and alone. This is a safe place where survivors find comfort and offer support as we journey toward healing together.