



# NEED BREASTFEEDING SUPPORT?

We're here for you and your family when you need us

**0300 100 0212**



 **National Breastfeeding Helpline UK**

 **NationalBreastfeedingHelpline**

 **[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)**

**Evidence-based, non-judgemental and friendly breastfeeding support; wherever you are in your feeding journey.**



Calls to the Helpline cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package. The National Breastfeeding Helpline is provided by the Association of Breastfeeding Mothers (registered charity in England and Wales no. 280537) and the Breastfeeding Network (registered Scottish charity no. SC027007) and funded by the Department of Health.