

## **Breastfeeding Support Groups in Bristol are currently closed due to the advice regarding Coronavirus.**

You can get help via phone and online, in addition to the support offered by your midwife, health visitor and GP.

Here are some useful numbers and websites:

***National Breastfeeding Helpline: 0300 100 0212.***

The line is open 9.30am – 9.30pm, staffed by volunteer breastfeeding counsellors, and funded by the Dept. of Health.

**La Leche League: 0345 120 2918.** 8am – 11pm

**National Childbirth Trust: 0300 330 0700** 8am - midnight

Social media information and support can be found on Facebook at:  
'Bristol Breastfeeding Mummies' – mother to mother support  
'Bristol Breastfeeding' – information on where to find help, and useful tips.

Websites:

[www.abm.me.uk](http://www.abm.me.uk)

[www.laleche.org.uk](http://www.laleche.org.uk)

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

[www.nct.org.uk](http://www.nct.org.uk)

<https://www.nhs.uk/start4life/baby/breastfeeding>

[www.breastfeeding.support](http://www.breastfeeding.support)

[www.kellymom.com](http://www.kellymom.com)

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