



national  
**breastfeeding  
helpline**

**For confidential  
information  
and support**

**Talk to a mum  
who knows about  
breastfeeding**

9.30am to 9.30pm 7 days a week



**0300 100 0212**

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

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.