

Press Release from the Breastfeeding Network - 7th October 2015

**MAKE TIME FOR A BIG TEA BREAK!**

Families across the UK are being asked to organise a Big Tea Break and start a conversation about maternal mental health.

The Breastfeeding Network is asking mums, dads, healthcare professionals and anyone else who’s keen to organise a BfN Big Tea Break to help raise funds for their vital Drugs in Breastmilk information service, and start conversations about maternal mental health.

For more than 15 years the Drugs in Breastmilk information service has been answering thousands of phone calls, emails and now social media questions from mums, families and healthcare professionals, and providing specific, evidence based information on the safety of medications, procedures and treatments while breastfeeding.

Many mums who get in touch with the service are worried that they’ll need to stop breastfeeding before they want to, or are considering delaying starting important medication because they cannot find useful information about medication and breastfeeding. The Drugs in Breastmilk information service provides mums with evidence based information, thoroughly researched by a qualified and experienced pharmacist, so that they can make their own informed decisions about their treatment and how they feed their babies. The service also provides dozens of [downloadable information sheets](http://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/drugs-factsheets/) on the most common questions that mums ask – including information about treatments for postnatal depression.

This year the fundraising campaign will focus on maternal mental health. Around 15% of enquiries to the Drugs in Breastmilk information service are around coping with post-natal depression and mental health issues and the number is increasing year on year.

One mum who called the helpline told us:*“You have saved me and my daughters many times over. I can honestly say I would have committed suicide after my second baby was born had it not been for your support to keep taking my meds and to keep breastfeeding”.*

To get involved, organise a get together with friends, family or colleagues. Go to the BfN Big Tea Break site to find loads of ideas on making the most of your tea break, from using it as an opportunity for professional development to holding a bake-off style competition! You’ll even find downloadable cake bunting and printable donation boxes.

Shereen Fisher, CEO of the Breastfeeding Network said: *“Maternal mental health problems affect more than 1 in 10 new mums. From our work supporting mums every day, we know talking about things often helps, and the BfN Big Tea Break gives us all the chance to get together with friends, family or colleagues and start a conversation about this really important issue”.*

**ENDS**

**Notes to Editors**

* Contact: Felicity Lambert felicity.lambert@breastfeedingnetwork.org.uk / 07826671222
* For more information visit [www.breastfeedingnetwork.org.uk/bfns-big-tea-break/](http://www.breastfeedingnetwork.org.uk/bfns-big-tea-break/)

The **Breastfeeding Network** (BfN) aims to be an independent source of support and information for breastfeeding women and others. It aims to:

* Promote breastfeeding and a greater understanding of breastfeeding in the United Kingdom.
* Collect and disseminate information on breastfeeding and baby and infant nutrition.
* Provide information and support to parents on the feeding of babies and infants.
* Set and encourage the acceptance of quality standards for breastfeeding support.
* Establish and publish codes of practice for such support