

# More information and support

Association of Breastfeeding mothers	T: 08444 122 948 Helpline:0300 330 5453 E:abm.me.uk <a href="http://www.abm.me.uk">www.abm.me.uk</a>
Best beginnings	T:020 74437895 E:info@bestbeginnings.org.uk <a href="http://www.bestbeginnings.org.uk">www.bestbeginnings.org.uk</a>
The Breastfeeding network	T:020 74437895 E:info@bestbeginnings.org.uk <a href="http://www.bestbeginnings.org.uk">www.bestbeginnings.org.uk</a>
The breastfeeding network	T:08444120995 Supporter line:0300100 0210 <a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a>
Bliss	T:020 7378 1122 <a href="http://www.bliss.org.uk">www.bliss.org.uk</a>
Lactation consultants of great Britain	ww.lcgb.org E:info@lcgb.org <a href="http://www.lcgb.org/consultants_local.html">www.lcgb.org/consultants_local.html</a>
La leche league GB	Helpline:0845 120 2918 <a href="http://www.laleche.org.uk">www.laleche.org.uk</a>
NCT	T:0844 243 6000 Helpline: 0300 33 00 700 Breastfeeding helpline:0300 330 0771 E: <a href="mailto:enquiries@national-childbirth-trust.co.uk">enquiries@national-childbirth-trust.co.uk</a> <a href="http://www.nct.org.uk">www.nct.org.uk</a>
NHS Choices	<a href="http://www.nhs.uk">www.nhs.uk</a>