

Local Breastfeeding Counsellors, national helplines and breast pump hire

Breastfeeding Counsellors, are usually volunteers who have breastfed and undertaken an extensive accredited breastfeeding training with their breastfeeding organisation so that they can support other mothers.

National Helplines

You can speak to a Breastfeeding Counsellor on a national helpline by phoning any of the numbers below:

National Breastfeeding helpline Tel: 0300 100 0212

National Childbirth Trust helpline Tel: 03 0300 330 0770

La Leche League helpline Tel: 0845 120 2918

On-line support

You can talk on-line to a [breastfeeding counsellor](#) at the **Breastfeeding Network** 9.30am to 9.30pm, 7 days a week subject to availability.

Local Breastfeeding Counsellors

You can phone any of the Breastfeeding Counsellors listed below if you would like some telephone support with your breastfeeding. Some Breastfeeding Support groups also have a Breastfeeding Counsellor present.

Association of Breastfeeding Mothers (ABM)

Hazel 07773393890 BS6

La Leche League (LLL)

Charlie 0117 939 3028 – BS3

Jenny 0117 909 3969 – BS32

Floredia 0117 9240661-BS6

National Childbirth Trust (NCT)

Heather 01225 424 471-BA2

Amber 07951290670-BS7

Breast Pump hire

Here's a list of pump hire agents

<https://www.nct.org.uk/branches/bristol-3>

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