

Breastfeeding & Lactation Support in the Community



After leaving hospital, you will be contacted by a hospital Midwife and your Maternal and Child Health Nurse (MCHN) who will arrange your follow up care.

You may also choose to self- refer to any of the following support services:

- **24-hour Maternal & Child Helpline** - Phone: 132 229
- **24-hour Breastfeeding Helpline** - Phone: 1800 686 268 (131 450 for interpreter)
- **Private Lactation Consultants** can be found at www.lcanz.org
- **FREE public council breastfeeding and lactation services are listed below:**

Council Area:	Breastfeeding & Lactation Support Services Details:
Brimbank	Speak to your MCHN or phone 9249 4433 Appointments are Tuesdays and Fridays 10am to 4pm
Hobsons Bay	Speak to your MCHN or phone 9932 1300
Hume	Speak to your MCHN or phone 9205 2844 Breastfeeding Support Services are offered in various locations and times across Hume.
Macedon Ranges	Speak to your MCHN or phone 5422 0281
Maribyrnong	Speak to your MCHN or phone 9688 0501
Melbourne City	Speak to your MCHN or phone 9340 1444
Melton	Speak to your MCHN or phone 9747 5462 Breastfeeding consultations by appointment, phone advice.
Merri-bek (Moreland)	Melynston: Mondays 9am to 3pm, phone 9354 1600 Coburg: Wednesdays 9am to 3pm, phone 9240 1111
Moonee Valley	Speak to your MCHN or phone 9243 1895
Moorabool	Speak to your MCHN or phone 5366 7100 Telehealth, Mon – Fri Bacchus Marsh Hospital, phone 5367 9873. Email: info@wh.org.au Attention: Breastfeeding Support Service Breastfeeding consultations by appointment, Telehealth.
Wyndham	Speak to your MCHN or phone 9742 8148

Regional Areas:	Breastfeeding & Lactation Support Services Details:
Ararat	Breastfeeding Support Service: Thursdays, phone 5352 9321
Ballarat	Grampians Health: Monday to Friday, phone 5320 4977
Bendigo	Breastfeeding Support Service: Monday to Friday, phone 54547293
Daylesford	Creswick Maternal Child Centre: phone 5321 6560

Helpful links to support your breastfeeding and lactation journey:

<p>BREASTFEEDING WITH CONFIDENCE</p> 	<p>BREASTFEEDING BASICS VIDEO</p> 	<p>IS YOUR BABY GETTING ENOUGH</p> 
<p>EXPRESSING AND STORING BREAST MILK</p> 	<p>BREAST ENGORGEMENT</p> 	<p>SORE/CRACKED NIPPLES</p> 

The **Australian Charter of Healthcare Rights** describes the rights of all people who use the Australian healthcare system. Copies of the charter in community languages are available near the main entrance of all Western Health hospitals, or ask a staff member or volunteer.

For more information, visit www.safetyandquality.gov.au/australian-charter-healthcare-rights



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