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**SUPPORT SERVICES FOR BREASTFEEDING WOMEN**

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**ACT Health** website provides information on breastfeeding services in the ACT. Visit [**www.health.act.gov.au/breastfeeding**](http://www.health.act.gov.au/breastfeeding). The lactation consultants at the Centenary and Calvary public hospitals are available to clients of these hospitals by referral from your midwife or ACT Health professional**.** Breastfeeding classes are available.

**Midcall** offers home visits to clients of Centenary or Calvary public hospitals for the first few days after birth by referral from their midwife, which must be organised before discharge from hospital. After about a week of care, the midwife will discharge you to a Maternal and Child Health (MACH) Nurse.

**Community Health Intake (CHI)** provides a single point of entry to ACT Health services for clients, health professionals, and community health services. It is the main contact number for MACH Nurses. Contact **CHI** on **6207 9977** between8am to 5pm for information or to make an appointment.

**Maternal and Child Health (MACH) Nursing Clinics** provide information on baby and child health and development, breastfeeding, nutrition and feeding, sleep issues, parenting, child safety, behavioural issues, and perinatal mental health. Appointments can be made through **CHI** on **6207 9977** between 8am to 5pm.

**Early Days Groups** (no appointment required)are a MACH Nurse facilitated session for parents of infants up to 3 months of age who are experiencing difficulties with feeding and settling their infants. Groups run every day of the week at various locations across the ACT. Times and locations are online: [**www.health.act.gov.au/MACH**](http://www.health.act.gov.au/MACH)

**Drop-In Clinics** (no appointment required) are available for short consultations and referrals with a Maternal and Child Health (MACH) nurse. Information on times and locations is online at: [**www.health.act.gov.au/MACH**](http://www.health.act.gov.au/MACH)

**MACH Liaison** enables telephone contact with a MACH nurse for both clients and staff (call **CHI** on **6207 9977** between 8am to 5pm and ask for ‘MACH Liaison’).

**Women Youth and Children - Community Nutrition** provides advice on a range of dietary issues including general nutrition for the mother while breastfeeding (e.g. multivitamins, iodine, vitamin D, fish/mercury) and baby weaning.

**ACT Health Walk in Centres** (Belconnen and Tuggeranong) are now able to treat women who present with symptoms of lactation related mastitis (inflammation of the breast due to a blocked milk duct whilst breastfeeding) between 7:30am to 10pm. This offers women an option out of hours, including weekends, or when they cannot get an appointment to see a GP. **Centres cannot see babies aged 0-2 years; this is only a service for the breastfeeding mother**.

**The QEII Family Centre** provides a residential tertiary service for families with young children (0-3 yrs). The QEII provides care for families experiencing complex lactation and other feeding problems, unsettled babies, postnatal depression, children with special needs, parenting support and behavioural problems in children/families. Referral by a health professional is essential. For breastfeeding issues, it is recommended clients attend a MACH Early Days group in the first instance.

**Australian Breastfeeding Association (ABA)** aims to support and encourage women who want to breastfeed their babies, and to raise community awareness of the importance of breastfeeding and human milk to both child and maternal health. The **1800 mum 2 mum** 24 hour, toll free service is run by the ABA, and offers trained volunteer counsellors, who are mothers, to assist other mums with issues including the early days with a new baby, expressing and storing milk and weaning.

**Raising Children Network** is an Australian Government initiative, and is the complete Australian resource for parenting newborns to teens. Parents and carers can learn and access tools, support and resources as their children grow and develop.

***healthdirect*** provides free, 24 hour telephone advice by a Registered Nurse. Contact **1800 022 222**. They also offer an After Hours Information telephone service provided by GPs.

**Pregnancy, Birth and Baby** is an Australian Government initiative linked to *healthdirect* that offers free and confidential information, advice and counselling to women, their partners, friends and relatives about pregnancy, childbirth and your baby’s first year. It’s available 24 hours a day, 7 days a week online (**www.pregnancybirthbaby.org.au**) and over the phone (**1800 882 436**). Video calls with qualified counsellors are also now available; accessed on their website **www.pregnancybirth baby.org.au** (click on ‘video call’).

**Tresillian Parent Helpline** offers advice from Child and Family Health Nurses on feeding and parenting children aged 0-5 years. Call for free on 1800 637 337 (7am -11pm) or chat live online (5pm-11pm) **https://tresillianchat.com.au/**