



## Breastfeeding/Lactation Information & Resources

### WIC Services

- Breastfeeding Peer Counselors are available 24/7 for breastfeeding/lactation assistance for WIC eligible families. Please call WIC at 715-421-8950 if you need assistance reaching your peer.

### Local Resources

- Check out the [Wood County Breastfeeding Coalition](#) website for additional lactation resources.

### Hotlines

- [Appalachian Breastfeeding Network Hotline](#) – FREE Call 888-588-3423, Text “BFHOTLINE” to 839863 24/7 (Serves all languages)
- [National Women’s Health and Breastfeeding Helpline](#) – FREE Monday-Friday, 1-800-944-9662 (English and Spanish)

### Apps

- Download the FREE Coffective app for breastfeeding information from [Apple App Store](#) or [Google Play](#)

### Online Support and Social Media

- [WI WIC Breastfeeding Support Facebook groups](#)
- [USDA WIC Breastfeeding Information](#)
- [La Leche League Online Support Resources](#)

### Virtual Classes

- [Ready, Set, Baby](#)
- [Hug Your Baby](#)

### Milk Donation

- [Mothers’ Milk Bank of the Western Great Lakes](#) (includes milk donation after loss)

### Other Support

- [Workplace Support in Federal Law](#)
- [The Pregnant Scholar’s](#) free legal helpline 415-703-8276 for student support
- [Wisconsin Right to Breastfeed](#)
- [National Maternal Mental Health Hotline](#) call or text 1-833-TLC-MAMA (1-833-852-6262) 24/7 FREE (English and Spanish)