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HERITAGE VALLEY  
HEALTH SYSTEM

# Breastfeeding Support

**Who:** Mothers who plan to breastfeed or pump breast milk.

**When:** During your pregnancy or while you are breastfeeding or pumping for your baby.

**What:** Lactation support is provided 24/7 to assist in a successful breastfeeding experience.

- Breastfeeding help is available by phone at the Heritage Valley lactation office, 412-749-7494. Calls are usually returned the same day or the next day when you leave a message by 9 am.
- Allegheny County Breastfeeding Helpline, 412-247-1000. Leave a message and an IBCLC will return your call. Their hours are 8 am to 10 pm on weekdays, 8 am to 8 pm on weekends, and 4 pm to 10 pm on holidays.
- Local La Leche League Breastfeeding Warmline, 412-276-5630. Speak with a LLL leader and find the location of the group nearest you.
- National La Leche League Breastfeeding Hotline, 800-525-3243, 9 am - 5 pm.
- National Breastfeeding Helpline, 800-994-9662, 9 am - 6 pm.
- Infant Risk Center Helpline, 800-352-2519, [www.infantrisk.org](http://www.infantrisk.org). Dedicated to providing up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding.
- Breastfeeding Support Group (Breastfeeding Moms Social Network). **Registration:** Please call 412-749-7494 for information about the support group or to leave a message for the lactation consultant.

