

Community Lactation Resources



Statewide WIC resources

24/7 Texas WIC Breastfeeding
Support Hotline:
855.550.6667
<https://www.BreastMilkCounts.com>

The Lactation Foundation
877.550.5008
<http://www.LactationFoundation.org>

Lactation Care Center-Dallas
214.670.7222
www.LactationCareCenterDallas.com
*Meet with an IBCLC for
breastfeeding concerns.*

Other helpful resources

Hand Expression Video
[https://Med.Stanford.edu/Newborns/
Professional-Education/Breastfeeding/
Hand-Expressing-Milk.html](https://Med.Stanford.edu/Newborns/Professional-Education/Breastfeeding/Hand-Expressing-Milk.html)

Infant Risk Center
806.352.2519
www.InfantRisk.com
*Will answer questions about using medications
during pregnancy and breastfeeding.*

Mothers milk bank of north Texas
866.810.0071
www.TexasMilkBank.org
Donate your extra breast milk and save a life.

Postpartum Support International
800.944.4773
*Call for help with postpartum depression
or baby blues.*

Tarrant County WIC resources

Tarrant County WIC Appointment Line
817.321.5400
*WIC provides services to pregnant,
postpartum and breastfeeding women,
as well as infants and children under the
age of five.*

WIC Breastfeeding Warm Line
817.321.5416
*Provides breastfeeding assistance to families
or healthcare professionals Monday-Friday
9a.m.-6p.m., Saturday 10a.m.-2p.m. You may
leave a message on evenings/weekends and
your call will be returned the next business day.*

The Breast Pump Depot
[https://BreastPumpDepot.com/
Perinatal-Lactation-Support](https://BreastPumpDepot.com/Perinatal-Lactation-Support)

Helpful mom-to-mom support

Tarrant Co. Breastfeeding Coalition
www.TarrantBFCoalition.org

Texas Breastfeeding Coalition
www.TexasBreastfeedingCoalition.org La

Leche League of Texas
806.680.6455
www.TexasLLL.org
*Find local support groups and get breastfeeding
help support from the leader on call.*

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Perinatal-Lactation-Support](https://BreastPumpDepot.com/Perinatal-Lactation-Support)

To schedule an appointment with a Lactation
Consultant at THM please call **682.541.5400**.