

# Have questions about breastfeeding? Need help learning to breastfeed?



For questions or more information, visit the websites or call the numbers listed below:

## **The Urban Indian Center of Salt Lake**

Offers basic assistance and resource information  
801-486-4877

## **Indian Health Services:**

1-877-868-9473

[www.ihs.gov/newsroom/index.cfm/ihs-blog/august2017/promoting-health-through-breastfeeding/](http://www.ihs.gov/newsroom/index.cfm/ihs-blog/august2017/promoting-health-through-breastfeeding/)

## **La Leche League:**

Provides free breastfeeding counseling  
801-251-6455

<https://lll.utah.org/>

## **The Lactation Station: Breastfeeding Retail Store**

(801) 467-3434

<https://www.lactationstation.com/>

## **U.S. Department of Agriculture, WIC Breastfeeding Support:**

Provides breastfeeding counseling and nutrition assistance for pregnant women, infants and children  
1-801-942-5437

<https://wicbreastfeeding.fns.usda.gov/>

## **U.S Department of Health and Human Services, Office of Women's Health:**

1-800-994-9662

Monday-Friday, 9 AM – 6 PM (ET)

<https://www.womenshealth.gov/breastfeeding>

An Easy Guide to Breastfeeding for American Indian and Alaskan Native Families- <https://itcaonline.com/wp-content/uploads/2011/10/breastfeedingguide-nativeamerican-english.pdf>

## **World Health Organization:**

<https://www.who.int/topics/breastfeeding/en/>

## **Utah Department of Health, Maternal & Infant Health Program:**

801-273-2871

<https://mihp.utah.gov/after-pregnancy>