



www.melamamamaternalwellness.org

Lactation Tips:  Lovemelamama

EMERGENCY CONTACTS

MIDWIFE/OB-GYN

Name: _____

Telephone: _____

Address: _____

DOULA

Name: _____

Telephone: _____

Email: _____

LACTATION CONSULTANT

Name: _____

Telephone: _____

Email: _____

THERAPIST

Name: _____

Telephone: _____

Email: _____

PEDIATRICIAN

Name: _____

Telephone: _____

Address: _____

PHARMACY

Name: _____

Telephone: _____

Address: _____

PRIMARY CARE PHYSICIAN

Name: _____

Telephone: _____

Address: _____

INSURANCE

Name: _____

Telephone: _____

Email: _____

PRIMARY SUPPORT PERSON

Name: _____

Telephone: _____

PRIMARY SUPPORT PERSON

Name: _____

Telephone: _____

HELPFUL RESOURCES:

Suicide & Crisis Lifeline: 988

National Maternal Mental Health Hotline: 1-833-852-6262

Postpartum Support International (PSI Helpline): 1-800-944-4773