

Community Resources

Texas Lactation Support Hotline

1-855-550-6667

Call for free breastfeeding support 24/7 including weekends and holidays.

Texas Lactation Support Centers

Offers breastfeeding support to Texas mothers in the communities listed below:

- **Houston - The Lactation Foundation**
713-500-2800, option 1
- **Dallas - Lactation Care Center**
214-670-7222
- **Austin - Mom's Place**
512-972-6700
- **McAllen - Lactation Care Center RGV**
956-292-7711
- **San Antonio - Lactation Support Center**
210-207-7138

Texas Lactation Support Directory

Find breastfeeding support in your area, including prenatal breastfeeding classes, breastfeeding support groups, and lactation support services by visiting, breastmilkcounts.com/get-help/lactation-consultants/

Infant Risk Center

Call for free breastfeeding support related to medications, Monday to Friday 8 am - 3 pm at **1-806-352-2519**

Texas 2 1-1 Helpline

Free, 24-hour service that can connect you to services such as assistance with rent and utilities, food, emergency shelters, employment, medical and mental health services, transportation, and trained suicide intervention counseling

Your Texas Benefits

Visit yourtexasbenefits.com to learn more about state benefit programs such as WIC, SNAP, and TANF and support services that you may be eligible for; the site includes a prescreening tool

National Maternal Mental Health

Hotline free 24-hour phone or text access to professional counselors for mental health support before, during, and after pregnancy **1-833-TLC-MAMA (1-833-852-6262)**

Early Childhood Intervention Services (ECI)

Services for Texas babies and toddlers, birth to 36 months to address developmental delays, disabilities, and other qualifying medical diagnoses. Call the HHSC Office of the Ombudsman at **1-877-787-8999** or visit hhs.texas.gov/services/disability/early-childhood-intervention-services

Texas Child Care Regulation

For a list of child care centers and homes or for information about choosing good child care, visit txchildcaresearch.org or call **1-800-862-5252**

Texas Poison Center Network Hotline

Free 24-hour help. If you think someone has been poisoned, call **1-800-222-1222**

Texas Safe Riders Child Passenger Safety Program

For help with car seat safety, call **1-800-252-8255** or dshs.texas.gov/injury-prevention/safe-riders

The Texas Workforce Commission Child Care Services Program

For information and assistance for income-eligible, working families who need help paying for child care, visit twc.texas.gov/programs/childcare

Texas Tobacco Quitline

For help quitting tobacco, call **1-877-YES-QUIT** or **1-877-937-7848**

U.S. Consumer Product Safety Commission (CPSC)

Check the recall list to make sure your baby's sleep surface is safe by visiting www.cpsc.gov/SafeSleep

Let's Talk - Safe Infant Sleep

Share information and resources within your circle of support to increase safe infant sleep practices.

Your Community Resources

Add community level safe infant sleep resources here:

Contact

Add your organization's contact information here:

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