

MENTAL HEALTH AND BREASTFEEDING



BREASTFEEDING HAS MENTAL HEALTH BENEFITS!



“It is a disservice to families when providers are not knowledgeable about breastfeeding especially when we know breastfeeding can help to mitigate the detrimental effects of postpartum depression.”

-Lindsey McGahey, IBC, FSD, Local Breastfeeding Supporter



Anyone providing mental health services should provide referrals + resources to trusted breastfeeding support providers and vice versa.

MENTAL HEALTH PROVIDERS SHOULD HAVE BREASTFEEDING SUPPORTERS ON STAFF WHENEVER POSSIBLE.



COMMUNITY BREASTFEEDING SUPPORT ORGANIZATIONS, LIKE SOUTHEAST MICHIGAN IBCLCS OF COLOR, ARE ALREADY PROVIDING MENTAL HEALTH SUPPORT ALONGSIDE THEIR BREASTFEEDING SERVICES.

Local breastfeeding supporters can educate and collaborate with local mental health and state entities to ensure statewide mental health services are equipped to provide information based on evidence and best practices.



MENTAL HEALTH PROVIDERS SHOULD USE RESOURCES LIKE HALE'S: MEDICATIONS AND MOTHER'S MILK.



MENTAL HEALTH AND BREASTFEEDING ARE VERY COMPATIBLE!