

Beyond The Blues

Maternal mental health
struggles are treatable.

Here's exactly what getting help looks like

vdh.virginia.gov/beyond-the-blues

VDH VIRGINIA
DEPARTMENT
OF HEALTH

DBHDS 
Virginia Department of Behavioral Health
and Developmental Services

Step 1

Tell one person you trust.
A friend. A family member.
A physician.

You don't have to do this alone.

Step 2

Decide on one
next step together.

Maybe going online for more
info or making an appointment
to talk to someone.

Step 3

See what help can
look like.

Talking to someone regularly.
Medication that helps your
brain rebalance. Or both.
There's no wrong way to
feel better.

Step 4

Most people begin
to feel better with support.

You won't feel this way forever.

**You can get
beyond the blues.**

Asking for help is
the strongest thing
you can do.