

Someone you love

before pregnancy, during it, after it -

might not be ok.

*Disappearing
from loved
ones.*

*Thoughts
they won't
say out
loud.*

*Pain they
can't explain.*

*Anger that
comes out
of nowhere.*

*A heaviness
that won't lift.*

*Loss of joy
in things they
used to love.*

*Not
recognizing
themselves
anymore.*

VDH VIRGINIA
DEPARTMENT
OF HEALTH

Find out how to help them
get **Beyond The Blues**.

We have people and resources
to help everyone get through this.
at vdh.virginia.gov/beyond-the-blues