

Text someone you're worried about.

From fertility to pregnancy to loss, if a person in your life is struggling — don't wait for the perfect words. Don't feel awkward. Just send a text. Maternal mental health struggles can improve, and you can help them get beyond the blues. Here's a few texts scripts you can send to check in.

Hi! Haven't heard from you in awhile. ❤️ Can I bring some coffee or lunch over today?

I've been thinking about you a lot lately. You don't have to reply. You don't have to be ok. Just know I'm here. ❤️

Can I come over and sit with the baby for a couple hours so you can sleep? No need to talk. ❤️ Just rest.

No one tells you how hard this can be. I know, I've been there. Here if you ever want to chat. ❤️

Find out how to help them get Beyond The Blues.

vdb.virginia.gov/beyond-the-blues

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