



You've been taught to be *strong*.
To hold it together. To fix it alone.

But the *exhaustion* goes deep.
The *rage* comes out of nowhere.
The *heaviness* and *pain* settle
into your bones and won't leave.

You stop doing the little things
you loved. And go *quiet*.

This is not a phase.
This is *not weakness*.

This can affect anyone before,
during, or after pregnancy. And it's
more treatable than you think.

Asking for help is the *strongest*
thing you can do. There will be
support to find a path *forward*.

There is life Beyond The Blues.
And you don't have to get there alone.

VDH VIRGINIA
DEPARTMENT
OF HEALTH

DBHDS 

Virginia Department of Behavioral Health
and Developmental Services

Get help for postpartum depression
and maternal mental health struggles,
for you or someone you love.
at vdh.virginia.gov/beyond-the-blues