



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](http://vdh.virginia.gov/beyond-the-blues)