



health brigade

# IT TAKES A VILLAGE PREGNANCY & POSTPARTUM MENTAL HEALTH SUPPORT

Up to 12 months postpartum



**Bilingual Provider:**

Mindy Schuler  
*Resident in Counseling  
Mother*

In-person or Telehealth  
sessions in English or  
Spanish available.



*Did you know that in Virginia,  
1 out of 8 mothers experience  
maternal mental health conditions,  
such as persistent feelings of  
sadness, anxiety, loneliness,  
hopelessness, or confusion?*

## FOR

Uninsured persons or those  
with Medicaid

Funding Provided by



VIRGINIA  
HEALTH CARE  
FOUNDATION

## OUR SERVICES

- ✓ Weekly counseling for anxiety, depression, stress, and trauma
- ✓ Learn coping skills and emotional regulation
- ✓ Safe, nonjudgmental space

## Contact



Scan with your phone's  
camera to sign up.

[itav@healthbrigade.org](mailto:itav@healthbrigade.org)

(804) 773-7310