

# Talking Postpartum Depression

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*A Campaign to Decrease Postpartum Depression Stigma and Encourage Women to Seek Help*

An estimated **13.4%** of women in the US experience symptoms of postpartum depression (PPD) in the year after childbirth.

Join us to end the stigma around PPD and encourage women to seek support.

Visit [womenshealth.gov/talkingPPD](https://womenshealth.gov/talkingPPD) to learn more and access the campaign toolkit.

