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## Perinatal Depression Resource Assistance

Once we established our non-profit organization, and learning more about perinatal depression, we took another leap of faith. I decided to create a documentary, *Kassy's Hope (My Life 4 Yours)* to break the silence of a mental health disorder that can occur at any point during the perinatal period (during pregnancy up to the 1st year of baby's life). Unfortunately, the stigma that can come with having these types of feelings from mothers-to-be can far outweigh reaching out to professionals or even loved ones for help. When individuals call us, we do an intake to see what resources best fit them. We follow up in 2 weeks to see if they are doing okay.

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### Details

**Ages:** All ages

**Races:** All

**Genders:** All

**Intake Process:** Call

**Documentation:** Photo identification

**Payment Options:** Free

**Special Needs:** Behavioral health or substance abuse

**Waiting List:** Never

**Minimum Age:** 15 years old

**Maximum Age:** 100 years old

**Contact:** Susan Aguayo

**Contact Email:** kassykause@yahoo.com

**Capacity:** Support groups are limited to 9

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### Services

Health Support/Education/Insurance    Pregnancy, Childbirth & Infant Care

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### Locations

**Phone:** (505) 603-2988

**Languages Spoken:** English Spanish

**Geographic Area Served:** Bernalillo County    Sandoval County    Valencia County

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### Parent Organization

#### Kassy's Kause

The mission of Kassy's Kause is to educate and raise awareness to Perinatal and Postpartum Depression, that

women can experience while pregnant, as well as to educate women and families on the signs of this maternal mental illness and providing community resources with treatment and guidance.

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*Rio Rancho, NM 87144*

*NM*

**Phone:** (505) 603-2988

**Primary Contact:** Susan Aguayo

**Contact Email:** *kassyskause@yahoo.com*

**Type:** Nonprofit

**EIN:** 47-5530960

<http://www.kassyskause.org>