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.

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

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 raise awareness about maternal mental health, particularly focusing on

perinatal depression. We aim to educate both the publc and healthcare professionals, ensuring that every women receives the support and resources she needs from the very start. By promoting awareness and the education we can break the stigma and help families to strive a healthy home.

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