My name is Kim Reeves. I am a 2010 Cum Laude graduate of Georgia Southern University. I studied early childhood education and middle grades mathematics. I taught fifth grade for three years in Atlanta until I became a mother. I developed depression and anxiety during the perinatal period. I discovered that peer support groups were one of the most beneficial parts of my recovery- along with Zoloft, therapy, and loads of self-care. The lack of support resources is what led me to creating Maternal Mental Health Support group in March 2017; just two short months after my diagnosis.

Recently, I have become well versed on maternal mental health; as I have certification in both the basic and advanced trainings through Postpartum Support International. In my free time I am a volunteer for Postpartum Support International and collaborate with the programs and education committee. I host a fundraiser every June called Climb Out of the Darkness. It is an international event focused sole on perinatal mood and anxiety disorders.

I feel very strongly about mental health and also have forte in social media. Two passions became one. I am very proud of the success and growth of my Facebook support group and local Mom’s Night Out support group. The process took a tremendous amount of perseverance, time management, and organizational skills-which are a few of my strengths. I am also very strong in communication and social media. Every single day I pour awareness, support, and resources into my support groups and advocacy work.

In the summer of 2017, my public Facebook page (Maternal Mental Health Support) had less than 144 followers. Today, that number is 502. In my PRIVATE group on Facebook (Maternal Mental Health Support)- I currently have 1,828 members that I assist for free. My Instagram social media account (Maternal Mental Health Mom) also showed over 300 percent growth in just six months time; landing at almost 2,000. I also would like to mention my Twitter account, as well. My posts are reaching and impacting 900 viewers in that space. The numbers speak to my drive, ability, and desire to help others. This work became my outlet to recovery. Sharing my story provided me with more and more healing. This opportunity would mean so much to this survivor and advocate!