

Kelsey Bigelow Releases Debut Spoken Word Album: *Depression Holders and Secret Keepers*

DES MOINES, IA — September 17, 2021 — Kelsey Bigelow, a Des Moines-based spoken word and page poet, released her debut album on September 17, 2021. The album, *Depression Holders and Secret Keepers*, contains 18 spoken word poems around the themes of mental health and childhood trauma.

“This album is dedicated to those who feel alone in their trauma and need someone who will listen and understand them,” says Bigelow. *Depression Holders and Secret Keepers* is written from the perspective of a young adult evaluating how her experiences at different ages impacted the way her mind operates. It brings out the specifics of traumatic events and realities in a visceral and introspective way.

The project joins a host of other spoken word artists submitting albums to the 64th Grammy Awards being held on January 31, 2022. The Spoken Word category at the Grammys is often won by audiobooks rather than spoken word albums. Bigelow says, “The poets are rallying together to earn back our Spoken Word category and bring home a win for the poetry industry.”

Depression Holders and Secret Keepers is available for purchase as a digital download, CD, or vinyl on kelkaybpoetry.com and is also available on all streaming platforms. The album was produced by Waveform Music, based in Des Moines, and released via TuneCore.com. The album photography was captured by Janet Eckles, and the album artwork was designed by Hannah Thorson.

Kelsey Bigelow has been a serious spoken word and page poet since 2014. She is a member of the Iowa Poetry Association, the author of *Sprig of Lilac*, and has been published by Backchannels Journal and Z Publishing House. She has been a feature poet for events and talk shows, guest poet in schools and at charity events, panelist at conferences, and judge for contests and slams.

Learn about Kelsey and *Depression Holders and Secret Keepers* at kelkaybpoetry.com.

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