

[More ▾](#) [Next Blog»](#)[Create Blog](#) [Sign In](#)

Hodges' Model: Welcome to the QUAD

- provides a space devoted to the conceptual framework known as Hodges' model. A potential resource within HEALTH, SOCIAL CARE, INFORMATICS and EDUCATION the model incorporates two axes: individual-group and humanistic-group with four care (knowledge) domains - Sciences, Interpersonal, Political and Social. Follow the development of a new website using Drupal as I commence post graduate distance-learning studies in January 2014. See our bibliography, archive and please do get in touch. Welcome.

Tuesday, April 14, 2015

Appeal to Plant Sunflowers on Global Day for Hope May 2 2015

I hope most of you should be aware of Kathryn Goetzke with iFred and Schools for Hope and her wonderful work and contribution towards global mental health movement. She setting up iFred is in a global mission of “creating a shift in society’s negative perception of depression through positive imagery and branding—establishing the sunflower and color yellow as the international symbols of hope for depression. To further its mission, iFred engages with individuals and organizations to execute high-impact and effective campaigns that educate the public about support and treatment for depression.”

Kathryn asked that I share with all of you their

invitation to join iFred and its global partners in celebrating all things HOPE on Saturday May 2nd, 2015 by planting sunflowers in your community. This is a day to share your support and help us raise awareness for depression treatment. With over 350 million people worldwide affected by the disease and the vast majority not seeking help due to stigma, it is time we joined hands in solidarity to #planthope.

The good news is there is HOPE. Depression is treatable. Join us to celebrate this for #Hope2015.

The International Foundation for Research and Education on Depression (iFred) will host the Global Day for Hope on Saturday, May 2, 2015. The day will be filled with sunflower plantings worldwide to support the 350 million people living with the treatable disease of depression. People from all corners of the globe are invited to join the movement by planting sunflowers in their own communities and to unite on social media in an empowering, international symbol of hope.

There are many ways to support Global Day for Hope:

Plant Sunflowers:

Plant one, plant a garden, get friends and community involved and celebrate HOPE together.

Wear Yellow:

Yellow is the color of the joy and happiness we feel when depression is successfully treated.

Share, Share, Share:

Post, tweet, or share a photo on social media. Shine your light on hope and use the hashtags [#HOPE2015](#) and [#PLANTHOPE](#) and be sure to tag us [@ifredorg](#).

Using sunflowers—the international symbol of

hope for depression— iFred's Global Day for Hope will beautifully amplify the organization's mission to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Global Day for Hope will bloom worldwide with plantings in Illinois, North Carolina, Ohio, Colorado, South America, Nepal, Germany and more.

We would love to add organizations to our map, as well as indicate where they might be holding their plantings should others want to join.

<http://www.ifred.org/ourwork/global-day-for-hope>

Yours Sincerely,

Jagannath Lamichhane

Principal Coordinator, Movement for Global Mental Health

Human Rights Activist & Freelance Journalist

Founder, Nepal Mental Health Foundation (NMHF)

Visit us at www.globalmentalhealth.org (my source)

www.nepalmentalhealth.org