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Global Day for Hope Kicks Off Mental Health Awareness Month

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The International Foundation for Research and Education on Depression (iFred) launched its first annual [Global Day for Hope](#) on May 2, 2015, to support the 350 million people living with the treatable disease of depression. Organizations and individuals from around the globe joined together in solidarity to plant sunflowers, the international symbol of hope, in an effort to raise awareness and educate the public about treatment for depression. Through these efforts iFred aims to end the stigma around the disease that prevents so many people from seeking support.



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To date, plantings have taken place in Nepal, Germany, South America, and across the United States. Throughout the month of May, people of all ages are sharing messages of hope across social media, fueling the mission and inspiring a multitude of conversations promoting the importance of mental health care.

On May 2, iFred hosted the flagship event in Chicago with support from the Chicago Park District. Through their participation in Global Day for Hope, several speakers and organizations helped shine a light of hope for those living with depression, and amplify the message that depression is treatable.

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[Nepal Mental Health Foundation](#)

[Chicagonistas](#)

[Chicago Park District](#)

[Mental Health Services for Clark and Madison Counties, Inc. \(MHS\)](#)

Special thanks to the Chicago speakers:

Dr. Elizabeth Lombardo

Phyllis Foxworth, [Depression and Bipolar Support Alliance](#)

Joyce Marter, [Urban Balance](#)

Jessica Mead, [Catholic Charities LOSS Program](#)

Dr. Eugene Lipov, [Global Post Traumatic Stress Injury Foundation](#)

Kathryn Goetzke, Founder of [iFred](#)

Penny Tate, iFred's [Schools for Hope Program](#)

Debbie Muraff, Providing Yoga in the Park

Even though Global Day for Hope has already passed, the important conversations are continuing throughout the month. Share your planting photos with [@ifredorg](#) and messages of HOPE using #hope2015.

Depression is treatable and by working together we can take the necessary steps to live in a world where stigma no longer prevents anyone from receiving help.

[Click here](#) to view the inspiring images of hope being planted around the world.



BEFORE YOU GO



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