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News

Global Day for Hope

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From our amazing partners at the [International Foundation for Research and Education on Depression \(iFred\)](#) - reminding us that sometimes the simplest act of kindness can be the greatest weapon against depression.



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



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TAKE ACTION



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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.

Join us in celebrating all things HOPE on *Saturday May 2nd, 2015* by planting sunflowers in your community. Global Day for Hope 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 ifred to celebrate this for #Hope2015.
- ▶ The Children's Mental Health Network will be planting sunflowers. Will you?
- ▶ [Click here for details.](#)

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