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.
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.

Department of Public Words

Choices Magazine

The Respite A Centre for Grief & Hope

The North Suburban YMCA

MHCA

Operation Second Chance

NCDAA

The Creative Coalition

Project Helping

Jefferson Center for Mental Health

Cats in the Bag

United Services, Inc.

Radio Sonengrau

Kathv Hart of Health with Heart
Stiftung Deutsche Depressionshilfe

Positive Focus

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