



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Carolyn Gessner
Creative Marketing Associates, Inc.
carolyn@cmacreative.com
www.cmacreative.com
847 858-4203 (direct)

FOR IMMEDIATE RELEASE

NCDAA and YMCA Observe Global Day for Hope for Depression Advocacy on May 2

Northbrook, IL: April 2015 – The North Suburban YMCA, in partnership with Northbrook Citizens for Drug and Alcohol Awareness (NCDAA), will celebrate Global Day for Hope in support of depression awareness and advocacy. The special event on May 2, which is sponsored by the International Foundation for Research and Education on Depression (“iFred”) aims to shine a light on the widespread impact of depression and raise awareness of the need for depression treatment. As a focal point of the celebration, groups around the US and the world will plant sunflowers, the international symbol of hope for those suffering with the disease.

NCDAA’s participation in Global Day for Hope will include sunflower planting at 1:00pm at the North Suburban YMCA, 2705 Techny Road in Northbrook, and other area locations. NCDAA volunteers will join with Y staff members and guests, wearing yellow to show their solidarity with iFred’s mission. Similar events are scheduled in Chicago, as well as in several states and in countries on four continents. Social media will also spread the positive message of hope and education, using the hashtags #HOPE2015 and #PLANTHOPE.

“We are so excited to be part of iFred’s Global Day for Hope initiative,” notes Sari Glazebrook, NCDAA Director. “Over 350 million people in the world live with diagnosable depression, but only a quarter of that population receives treatment in part because of the stigma attached to mental illness. The Global Day of Hope is a chance to show these individuals that we stand with them and their families, and that treatment and community support can truly change lives for the better.”

“The North Suburban YMCA stands with NCDAA, iFred, and everyone who supports depression research and education,” comments Howard Schultz, NSYMCA Executive Director/CEO. “Our Y community is based on a philosophy of mutual support and encouragement. The Global Day for Hope reminds us that we can all make a difference when our friends and neighbors need us most.”

To learn more about iFred and its many depression support resources, visit www.iFred.org. To learn more about programs from NCDAA, visit www.ncdaa.org.



Photo Caption: NCDAA and the North Suburban YMCA will plant sunflowers on May 2 as part of the Global Day for Hope in support of depression education and treatment.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.