

FOR IMMEDIATE RELEASE
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iFred Plants 2nd Annual Field of Hope to Honor Depression Survivors

Annapolis, Maryland, May 31st –

iFred, the International Foundation for Research and Education on Depression, kicks off its 2nd Annual Field of Hope Campaign that is planted every year in honor of depression survivors. iFred will be selling seeds through their website at www.depression.org, and hope to bring in many thousands of dollars for their cause to shine the light on depression.

This field is in honor of those who are surviving or affected by depression, serving as a symbol that brighter days are coming. This year's sunflower field will again be planted in Goodland, Kansas and everyone is invited to buy a seed to ensure a bright and beautiful field for as little as \$10 at www.thefieldofhope.org. All contributions are tax deductible, and at the end of the season you will receive a postcard of the sunny field and know that you have put money towards a cause that is working to create a better world for depression survivors.

“The field planted by volunteers in 2006 was a huge success”, says Kathryn White, iFred founder, “We look forward to planting an even bigger field of hope in 2007.”

The Field of Hope symbolizes the millions of people worldwide who live with depression and those that survive it on a daily basis. With care and commitment the iFred Field of Hope will grow stronger and be more beautiful with each passing year.

“Let's create a big, bright beautiful field of sunflowers to celebrate the victories over depression and show our support for those who continue to struggle with their depression. The perception that is held about depression must be changed. Only when there is understanding and support will more depression survivors get help for this very treatable disease and truly become depression survivors.” White says

iFred is a 501(c)(3) organization dedicated to researching the causes of depression, supporting those dealing with depression, and improving the public's perception and understanding of depression. iFred's primary goal is to bring energy and information together from existing sources to educate, inform and change the way we look at depression today. For more information about iFred or to join us to help meet our goals, visit us on the web at: www.ifred.org or www.depression.org.

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