(DATE)

NAME OF AMBASSADOR

(Country)’s Ambassador to the United Nations

Address

Dear (Name),

I’m writing today to ask for your support in creating a Global Movement for Hope by establishing the first Monday of May as the official International Day of Hope through a Resolution at the United Nations.

There are several days established for the environment, happiness, peace, and more, yet nothing for hope. We believe that now, more than ever, we must activate the Science of Hope globally, as hopelessness is at an all-time high around the world. Hope is a teachable skill and a known protective factor for anxiety, depression, suicide, and addiction. We believe it is critical to establish and celebrate an International Day for Hope, and we need your support in these efforts.

The International Foundation for Research and Education on Depression (iFred) has been teaching the “how-to” of hope for almost 10 years through Hopeful Minds, a free, global program aimed at students, teachers, and parents. iFred also recently launched Hopeful Cities, a campaign to activate hope in cities around the world. Hopeful Cities provides a Hopeful Cities Playbook so that every city has a step-by-step guide on how to create a Global Movement for Hope. iFred uses the sunflower as the international symbol for hope and encourage all to plant gardens around the world.

To issue a UN Resolution, iFred need at least three countries to support it, and we are asking for your support. Attached is a copy of that draft resolution. If you agree, please e-mail iFred Founder Kathryn Goetzke at [kathryn@ifred.org](mailto:kathryn@ifred.org) with your support.

In Gratitude,

Name

Title

Affiliation