



**Hand of Hope** had a dream, to be a postcard and travel, helping to create an awareness about depression. **Hand of Hope** and classmates, ([www.handofhope.com.au](http://www.handofhope.com.au)) want to extend a hand of hope across the world. Their desire is that you colour in **Hand of Hope** and hand it on to anyone, anywhere, anytime where the hand can deliver a simple message of hope and friendship that somebody cares enough to offer a hand in hope to help defeat depression.

AFFIX STAMP HERE



a schools-based health promotion charity  
making an impression on childrens depression  
[www.goldenhope.org](http://www.goldenhope.org)

#### Declaring War on Depression

Triple-D-Day (Defeat Depression Day) is traditionally held on June 6, the world's most famous D-Day. On this day Allied Forces during World War 2 landed in Normandy to end the occupation of Europe. Taking on new symbolism this beautifully designed postcard sized hand and concept was created through student **Hand of Hope** teams.



To make your own Hand of Hope postcard first print this page out. Next fold the hands along the centre line and glue together. When dry cut around the outside line. Colour in the hand and then send it on.