



## CITY OF VICTORIA

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# PROCLAMATION

### **“ACTION ANXIETY DAY”**

**WHEREAS** *June 10, 2021 has been declared the first World Anxiety Day, to be known as Action Anxiety Day – an annual awareness and education day created in Vancouver, British Columbia, Canada by Anxiety Canada; and*

**WHEREAS** *Prior to the COVID-19 pandemic, at least 18 % of Canadians and up to 5.8% of the world population were affected by anxiety disorders, with women being impacted nearly twice as much as men; and*

**WHEREAS** *Anxiety disorders interfere with an individual’s everyday activities that may include participation in work, school, and making social connections; and*

**WHEREAS** *Stigma and access to affordable treatment can be major barriers to individuals living life the way they want; and*

**WHEREAS** *Sharing evidence-based resources and engaging communities about anxiety and anxiety disorders can reduce stigma and improve the well-being of communities.*

**NOW, THEREFORE** *I do hereby proclaim Thursday, June 10<sup>th</sup>, 2021 as “ACTION ANXIETY DAY” on the HOMELANDS of the Lekwungen speaking SONGHEES AND ESQUIMALT PEOPLE in the CITY OF VICTORIA, CAPITAL CITY of the PROVINCE of BRITISH COLUMBIA.*

**IN WITNESS WHEREOF**, *I hereunto set my hand this 3<sup>rd</sup> day of June, Two Thousand and Twenty-One.*

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**LISA HELPS**  
**MAYOR**  
**CITY OF VICTORIA**  
**BRITISH COLUMBIA**

**Sponsored By:**  
**ANXIETY CANADA**