



CITY OF VICTORIA

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 10th, 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 3rd day of June, Two Thousand and Twenty-One.*

LISA HELPS
MAYOR
CITY OF VICTORIA
BRITISH COLUMBIA

Sponsored By:
ANXIETY CANADA