

NEWS RELEASE

For Immediate Release – June 7, 2021

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Headline: Anxiety Canada to lead Action Anxiety Day, the first **world anxiety awareness day**, on June 10th with support from globe citizens and governments.

VANCOUVER, BC – Anxiety Canada, a registered charity and non-profit organization dedicated to anxiety and anxiety disorders has created a **world movement** to raise awareness, eliminate stigma and to advocate for expanding access to resources for anxiety management and treatment. On June 10th, everyone impacted by anxiety and anxiety disorders as well as their families, friends and colleagues are encouraged to ACT, by uniting and participating in **Action Anxiety Day / Journée action anxiété**.

Over the course of their lifetime, more than one third of the population may be diagnosed with an anxiety disorder. “What most people don’t know is that, taken together, anxiety disorders are among the most common mental disorders in the world”, says Judith Law, CEO of Anxiety Canada (AC). “The pandemic has shaken us and underscored just how important it is that we learn anxiety management skills and provide accessible treatment for anxiety disorders. Now is the time to speak-up and act starting with proclamation of Action Anxiety Day.”

“People have been shouldering an immense load throughout the pandemic, and the transition toward a return to normal might amplify stress and anxiety,” says Sheila Malcolmson, Minister of Mental Health and Addictions. “We are grateful for Anxiety Canada’s work to raise awareness and support the mental health challenges that people with anxiety face.”

Several municipal governments in Canada are proclaiming June 10th as Action Anxiety Day: Halifax (NS); Fredericton (NB); Whitby, Ottawa, and Newmarket (ON); Calgary (AB) as well as Vancouver and Victoria (BC).

Landmarks in 5 countries will be illuminated in blue and orange, the awareness colours, between June 8-10 in support. They include in Canada: Government House in St. John’s (N.L.); Halifax City Hall (N.S.); Downtown Place and Downing Street in Moncton (N.B.); Riverwalk Commons and Fred A. Lundy Bridge in Newmarket, Civic Centre clock tower in Mississauga, The CN Tower in Toronto and Niagara Falls (ON); Winnipeg City Hall (MB); Regina City Hall and Sask Tel Centre in Saskatoon (SK); The Calgary Tower and Lethbridge City Hall (AB); Coquitlam City Hall, Port Coquitlam City Hall, and Sails of Light at Canada Place and BC Place in Vancouver (BC). In the US: Niagara Falls (NY). In Australia: the Bell Tower, Matagarup Bridge, Mount Street Bridge, Sky Ribbon, Joondalup Drive Bridge and the tunnel entry artwork in Perth. In the UK: Green’s Mill & Science Centre in Nottingham (UK) and in Qatar: The Torch Doha. Ms. Nickie Lewis will also unveil a life-sized inspiration created especially for this occasion in Burnaby, British Columbia.

How to get involved:

- Visit the Website [Action Anxiety Day / Journée action anxiété to sign the online proclamation for Action Anxiety Day proclamation](#) in [English](#) or in [French](#).
- Download and use elements from the **Action Anxiety Day toolkit**
- Prepare your **#ACTonAnxiety actions** and share them leading up to and on **June 10th** : personal stories with anxiety or why you support Action Anxiety Day, photos, videos, blogs, etc.



- Wear or showcase **blue and/or orange** on **June 10th** (clothing, accessories, decor, etc., be creative!)
- Donate to Anxiety Canada or your local anxiety support **non-profit**.
- Follow Anxiety Canada on social media: [Facebook \(@anxietycanada\)](#), [Instagram - @anxiety_Canada](#), [Twitter - @anxiety_canada](#), [LinkedIn - @anxietycanada](#).

About Anxiety Canada

Anxiety Canada™ is a global leader in developing free online, self-help, and evidence-based resources on anxiety. We are the developers of the award-winning free MindShift™ CBT app for iOS and Android devices, which helps individuals around the world manage anxiety using scientifically proven strategies. We also provide services and programs people can trust, including our online CBT treatment program (MindShift CBT Groups), our online courses (My Anxiety Plans), our podcast series (#OurAnxietyStories) and our online directory (Finding Help). A registered charity and non-profit organization, Anxiety Canada was established more than twenty years ago to reduce the barrier of anxiety so people can live the life they want.

Learn more at <https://www.anxietycanada.com>.

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