

Action

ACTION ANXIETY DAY
JOURNÉE ACTION ANXIÉTÉ

JUNE 10, 2022

How can you **ACT** on Action Anxiety Day?

Awareness: Raise awareness & share your anxiety stories!

Colours: Wear blue and orange to show your support.

Treatment: Raise funds for resources and treatment.



Learn more ways to **ACT**:
anxietycanada.com/action-anxiety-day



Anxiety
CANADA