

Action

ACTION ANXIETY DAY
JOURNÉE ACTION ANXIÉTÉ

JUNE 10, 2023

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

Awareness: Raise awareness & share anxiety stories!

Colours: Wear **blue** and **orange** to show your support.

Treatment: Support anxiety resources and treatment.

Learn more ways to **ACT**
actionanxietyday.com



Anxiety
CANADA