



Proclamation

Action Anxiety Day June 10th, 2021

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 every day 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 KNOW YE THAT We do by these presents proclaim and declare that June 10, 2021, shall be known as "Action Anxiety Day"

THEREFORE, BE IT RESOLVED THAT I, Mayor Mike Savage, on behalf of Halifax Regional Council do hereby proclaim June 10th, 2021 as Action Anxiety Day throughout HRM.

Dated at Halifax, Nova Scotia
this 10th day of June 2021




Mike Savage
Mayor