

Proclamation Request Form

Requests for the issuance of proclamations are governed by Council Policy (excerpted below). Requests must be received at least six (6) weeks in advance of the requested issuance date and may be emailed to the City Clerk at ClerksApprovalRequests@london.ca or mailed to City Hall, P.O. Box 5035 LONDON, ON, N6A 4L9.

Request details

Name of Organization	Anxiety Canada (Charitable #864353727RR0001)
Date Proclamation Required	10 June 2022
Proclamation Name	Action Anxiety Day
Proclamation Type (day, week or month)	Day
Category (public awareness campaigns), (charitable fundraising campaigns), (arts and cultural celebrations)	Public Awareness Campaign and Charitable fundraising campaign
Requester Name	Rebecca Naidoo for Anxiety Canada
Requester Telephone Number	6042274533
Requester Email Address	rnaidoo@anxietycanada.com
Requester Address	811-402 West Pender Street, Vancouver, BC V6B 1T6
Provide details of your Organization's Connection to London	Anxiety Canada is a national Canadian non-profit providing free anxiety management resources for all Canadians. This important awareness day with the support from the City of London will help promote these invaluable and evidence-based resources to Londoners.
Required Supporting Documents	<ul style="list-style-type: none">• Detail information on the Organization• Detail information on the Event• Confirmation of authorization from the Organization to submit the request
The undersigned confirms that I am the Official Representative of the Organization requesting the Proclamation and that by signing this Application, I acknowledge and agree that my organization complies with all City of London's Policies and By-laws	
Signature <i>Rnaidoo</i>	Date 7 April 2022
NOTICE OF COLLECTION OF PERSONAL INFORMATION	
Personal information collected on this form is collected under the authority of the <i>Municipal Act, 2001, S.O. 2001, c. 25</i> and may also be used for purposes related to the Issuance of Proclamations Policy and Proclamation Request Form. Questions about this collection should be addressed to the City Clerk, 3rd floor, City Hall, 300 Dufferin Ave., London, ON N6A 4L9. Tel: 519-661-2489, ext. 4937, email: csaunder@london.ca	

From: Rebecca Naidoo
Sent: Thursday, March 31, 2022 7:45 PM
To: Clerk's Approval Requests <ClerksApprovalRequests@london.ca>
Subject: [EXTERNAL] City of London Proclamation and City Hall Lighting

Hello City of London,

On behalf Judith Law, CEO of Anxiety Canada, will you please consider our request for proclamation by Mayor Holder and the illumination of City Hall in blue or orange on June 10th for the second annual World Anxiety Day, to be known as **Action Anxiety Day?**

There is currently no awareness day associated solely with anxiety and anxiety disorders. As a registered charity and non-profit organization established more than twenty years ago to raise awareness about anxiety, and to support access to proven resources and treatment, Anxiety Canada has taken the lead to create an anxiety awareness day. On June 10, each year we will celebrate World Anxiety Day, to be known as Action Anxiety Day, an annual awareness and education day.

Leading up to it, Anxiety Canada will create a movement for citizens, government agencies, private companies, organizations, and academic institutions to raise awareness about anxiety disorders, eliminate stigma and be informed about anxiety management and anxiety treatment.

Action Anxiety Day is a day when we raise awareness, educate and advocate about anxiety and anxiety disorders. We'll also unite and raise funds to develop more affordable treatment options for children, teens, and adults to live life the way they want. It will be a day to celebrate brave individuals who take action by telling their stories, wearing Action Anxiety Day colours (blue and orange) and using social media tools to engage with each other. It is a day to break the stigma of anxiety disorders.

A dedicated [Action Anxiety Day webpage](#) on the Anxiety Canada website includes the option to sign the proclamation supporting Action Anxiety Day and download a toolbox of resources that organisations and individuals can use to raise awareness of the day and anxiety.

Proclamation Clauses:

WHEREAS, June 10, 2022 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 KNOW YE THAT We do by these presents proclaim and declare that June 10, 2022, shall be known as "Action Anxiety Day"

Lighting Colours:

Blue (r 0 g 199 b 255 #00c7ff) and Orange (r 250 g 91 b 54 #fa5b36). If it is not possible to illuminate with two colours, either colour will be okay.

On behalf of Anxiety Canada and all Canadians impacted by anxiety and anxiety disorders, thank you for considering our request.

Rebecca Naidoo
[Program Manager](#)
[MindShift CBT Groups](#)