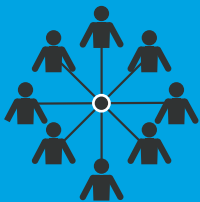


Our **VISION** is a society where mental health is prioritized and free of stigma and prejudice. Our **MISSION** is to promote awareness of anxiety disorders and increase access to proven resources.

## ANXIETYBC YEARLY IMPACT

**1.8M**



Visitors to  
anxietybc.com

**85K**



MindShift App  
Downloads

**560K**



Resource &  
Video  
Downloads

**5K+**



Benefited from  
Workshops &  
Presentations

## ABOUT US

- Non-profit organization established in 1999
- Most active anxiety association in Canada
- Canadian leader in developing and disseminating evidence - based self-help resources on anxiety and anxiety disorders
- Developers of the free MindShift app which helps youth and young adults manage anxiety, using step-by- step strategies based on psychological treatment
- Health literacy and community programming include: monthly information sessions, workshops, and presentations for the public, community organizations, corporations, government, and educators
- Member of the BC Partners for Mental Health and Addictions Information and one of seven leading mental health and addictions non-profit agencies in British Columbia

## CONTACT US

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## BOARD EXECUTIVES

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