



Anxiety
CANADA



FUNDRAISING GUIDE

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ACT ON ANXIETY CHALLENGE

If you're fundraising in the month of June, elevate your campaign and commitment to mental health by challenging yourself to "ACT on Anxiety!"

How do I "ACT on Anxiety"?

Everyone experiences anxiety differently, so taking action is a personal and unique journey! For example, you can challenge yourself to:

1) A 30-day self-care ritual (i.e., walking for 1 hour outside every day).

or

2) Taking 30 days to work toward facing a fear (i.e., riding an elevator).

Whatever your goal may be, challenge yourself in the month of June to ACT on your anxiety.

How to participate:

Step 1: Choose your challenge

Visit our [ACT on Anxiety Challenge](#) page to learn more about how to face a fear, and how to select and commit to an attainable self-care goal!



Reminder: Starting a new habit or facing a fear can be challenging! Take small steps, and don't be afraid to revise your goal if needed. Remember to be flexible, kind to yourself, and most importantly, **have FUN!**

EXAMPLE CHALLENGES

- Walk 10K steps a day
- Gratitude journal
- Drink 2-3 L of water
- Do 30 push ups
- 2-minute meditation
- 10-minute stretch
- Compliment a stranger
- Ride the elevator
- Drive on the highway
- Hold a spider
- Pet a friendly dog
- Have a conversation with someone new
- Go to a work event

Step 2: Register and Build Your Campaign

Complete the steps listed on pages 5-6 to learn how to register your campaign and build your profile.



Reminder: When you are creating your campaign profile, don't forget to share the challenge you are committing to in your personal bio.

Step 3: Ask for Support

Tell your friends, family, and network about your 30-day challenge! Ask them to support you through a donation or by joining you in taking up a challenge for themselves!

Step 4: Share updates!

Inspire others to face their fears or commit to self-care by periodically sharing updates about your 30-day experience! Don't forget to tag us on social media and use our hashtag, #ActionAnxietyDay or #ACTonAnxiety.

Thank you for helping us break the stigma of anxiety!

CAMPAIGN REGISTRATION

Step 1

- A) Go to our [Fundraising Website](#)
- B) Click "Create team or personal challenge"



Step 2

- A) Fill in your personal details
- B) Click Submit



Step 3

- A) Check your email (Junk/Spam too!)
- B) Click "Setup your password"
- C) Reset your password



Step 4

- A) Go to our [Fundraising Portal](#)
- B) Login with your new password

NEXT, LET'S BUILD YOUR CAMPAIGN

BUILD YOUR CAMPAIGN

IN 3 EASY STEPS

Step 1

Profile Tab

Tip: Sharing your lived experience is intimidating, but it helps break the stigma!

- A) Fill in your details.
- B) Link your social media accounts (Optional).
- C) Upload a photo (a headshot is best)!
- D) Describe your campaign; share why you're fundraising for anxiety resources and what the cause means to you.
- E) Click "Save and go to Goal."

Step 2

Goal Tab

Tip: You can always edit your goal amount later!

- A) Name your campaign.
- B) Set a goal amount to raise.
- D) Determine your start and end date.
- F) Click "Save and go to preview."

Step 3

Preview Tab

- A) Preview your page
- B) To make changes, click "Go back to Profile" or "Goal."
- C) When ready, click "Save and Submit."
- D) You'll get a link to your ready-to-share personal fundraising page.
- E) If you want to create or join a team, see the next page!

Thank you for starting a campaign!

CREATE OR JOIN A TEAM

(OPTIONAL)

Create a new team

- A) Select "Create a new team"
- B) You will get taken through the "Build Your Campaign" steps again. Follow the prompts.
- C) You'll be designated as team captain with a unique access code.
- D) Share this code with your team members:
 - Input team members' email addresses & send them a pre-set email
 - Copy & Paste the code to share!

Join an existing team

- A) Enter the code your team captain provided.
- B) Click "Use this Code."
- C) Congrats! You're part of a fundraising team.

SOCIAL SHARING

Share your campaign!

You now have your personal fundraising link.

Copy + Paste our pre-written text or create a personalized post to share your campaign on social media.

[See page 9 for social media tips!](#)

FUNDRAISING TIPS

Tip 1: Sponsor yourself! Kickstart your campaign to show this is a cause you care deeply about.

Tip 2: Send a personalized text or email to your friends, family, and network! People are motivated to give when asked directly.

Tip 3: Share your fundraising link on LinkedIn, Instagram and Facebook.

Tip 4: Frequent a local business? Ask them to donate a portion of their proceeds or put out a donation jar.

Tip 5: Host a games night, BBQ, dinner party or sports tournament where everyone donates to participate.

Tip 6: Express why Anxiety Canada is important to you. People appreciate honesty and it helps break the stigma.

Tip 7: Don't forget to thank your supporters for contributing to your campaign! A text, phone call, email, or social media shout-out is always appreciated.

SOCIAL MEDIA TIPS

1 Share fundraising updates with friends

"I have raised \$500 for Anxiety Canada! If each of you donates \$10, I can reach my goal of \$2000. Join me today — any amount will help! Thank you! www.link.com"

2 Shout out donors

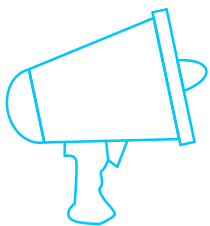
"Thank you @donorname for helping me raise \$500 towards Anxiety Canada! My goal is to help raise critical funds to raise awareness for anxiety resources and treatment. Join me today! www.link.com"

3 Share photos, videos & your fundraising link with followers online

- Sharing photos and videos of your fundraising efforts helps convey emotion and lets people connect with the cause.
- Link to your fundraising page in posts so people can visit and donate!
- Mention your campaign in your email signature.
- Add a Facebook cover photo or icon badge.
- Share your efforts in your Instagram Stories.

4 Share your story

Personal stories help your network understand why the cause is important to you. Tell people your story and why this matters.



Use your network to raise funds by sharing over email, text, social media, phone calls, or word of mouth.

EMAIL TEMPLATE

(Action Anxiety Day Example)

Emails allow you to explain why the cause you are fundraising for is important to you. Feel free to use this template. Maybe even add a few personalized photos!

Dear [name],

As you know, Anxiety Canada is a cause near and dear to my heart. That's why this year I am participating in Action Anxiety Day, an annual education and awareness day recognizing the widespread presence of anxiety and anxiety disorders.

Anxiety Canada is a registered charity created to raise awareness and provide access to proven resources and treatment. Millions of people suffer from anxiety, yet it often goes undiagnosed and underreported. Unfortunately, therapy isn't accessible to everyone due to cost or long waitlists. It is time we changed this and made treatment easily available for everyone.

In honour of Action Anxiety Day, I'm sharing my story and raising critical funds to support Anxiety Canada's free resources.

If willing, I would love your support to meet my personal fundraising goal. Please donate using this link: (ADD YOUR LINK HERE)

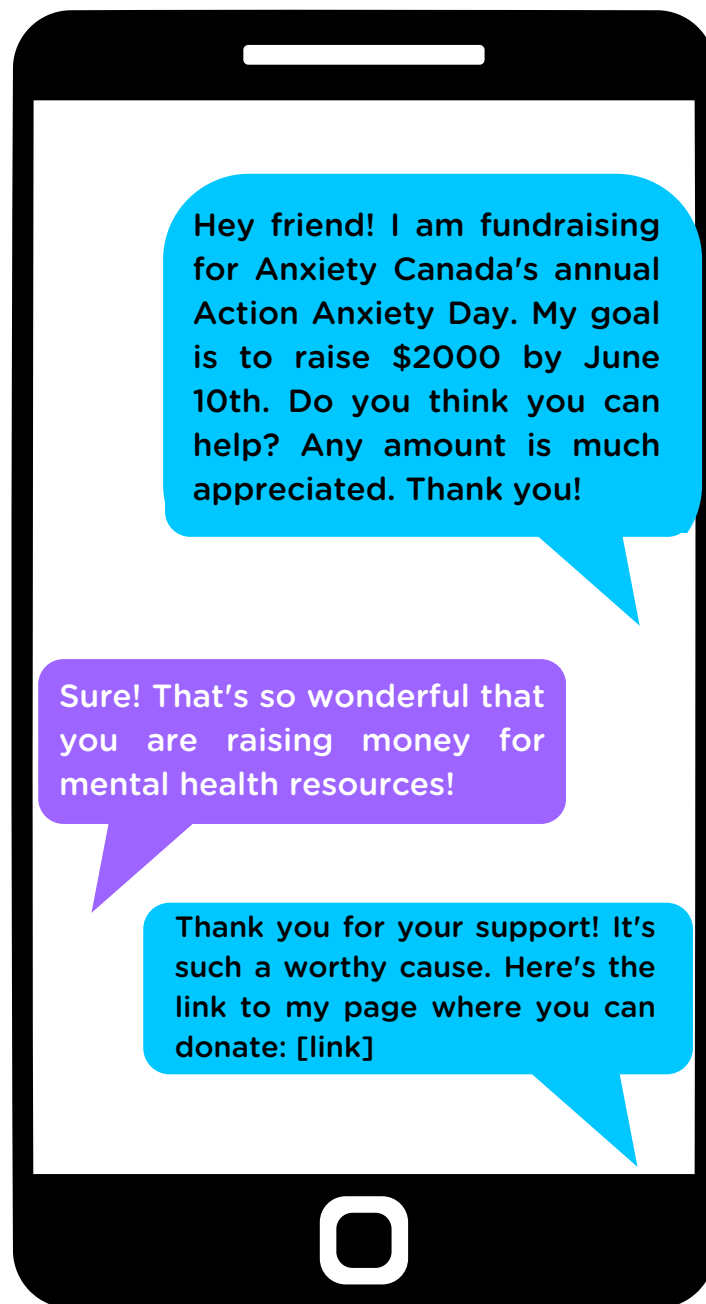
Your donation goes directly to support Canadians struggling with anxiety.

Thank you so much.

TEXT YOUR NETWORK

(Action Anxiety Day Example)

Text messaging is a personalized, quick way to reach out for support. It can be as simple as this....



FAQ SHEET

**Become knowledgeable about Anxiety Canada!
Show your network we are a cause worthy of their support.**

What is Anxiety Canada's mission?

Anxiety Canada is a registered charity created to raise awareness about anxiety and to support equitable access to evidence-based resources and treatment. Established in 1999 by two psychologists, Anxiety Canada is a pioneer in the mental health sector, offering free, clinician-recommended, self-help tools and programs. Through strategic partnerships, advocacy, and education, Anxiety Canada supports children, youth, and adults by reducing the barrier of anxiety and advocating to end the stigma.

What programs does Anxiety Canada offer?

- MindShift Group Therapy Program; An 8-session online group therapy program led by a Registered Clinical Counsellor.
- The MindShift CBT App; A free app grounded in Cognitive Behavioural Therapy to help users relax, be mindful, and develop healthier ways of thinking.
- My Anxiety Plan (MAPs); A free, online, self-paced anxiety management course.
- PDF Resources; Downloadable "how-to" guides and information on all anxiety-related topics.
- Our Educator Toolkit; A toolkit designed to help teachers educate their classrooms about anxiety for grades K-7. It includes 3 lesson plans, multiple videos, worksheets, activities, and more.

Visit our [Get Help](#) page to learn about our programs and services.

Where does the money raised go?

All donations go towards helping the millions of Canadians who struggle with anxiety by funding Anxiety Canada's programs and resources.

FAQ SHEET

continued

What is Action Anxiety Day?

Action Anxiety Day is Anxiety Canada's annual awareness & education day celebrated on June 10th. We created this initiative to:

- Normalize and reduce the stigma around anxiety;
- Bring widespread recognition to anxiety disorders;
- Bring awareness to our trusted, evidence-based resources.
- Raise critical funds for our programs and resources.

What can I do to support Action Anxiety Day?

On Action Anxiety Day, we inspire people to ACT:

Awareness/Advocacy – We encourage people to spread awareness by sharing their own anxiety stories.

Colours – We wear blue and orange on June 10th to show support and eliminate the stigma around anxiety disorders.

Talking – Tell your anxiety stories and encourage others to share theirs. Let's break the stigma together!

We also:

- Ask people to sign our Action Anxiety Day proclamation.
- Share anxiety-related facts and information, and mindfulness activities on social media.
- Have national landmarks light-up across the country to show support.
- Encourage early education on anxiety and ways to cope with use of our free Educator Toolkit.

What stats I can share?

- 1 in 4 Canadians are affected by anxiety every year.
- Anxiety Disorders are the most common mental illness affecting youth in Canada.
- Women are 2x more likely to be diagnosed with anxiety.
- 2/5 Children say they have trouble accessing mental health services.
- The annual economic cost of mental illness in Canada is an estimated 50 billion dollars.

Thank you for being
an anxiety champion!



Anxiety
CANADA

if you have any questions, please contact us:

info@anxietycanada.com

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