

# Anxiety UK

## Environmental Policy

### 1. Introduction

Anxiety UK recognises the importance and urgency of environmental issues, including climate change.

As a charity that supports those affected by anxiety, Anxiety UK is also uniquely placed to recognise that mental health and the planet's wellbeing are intrinsically linked.

In addition to complying with environmental legislation, Anxiety UK is committed to minimising its impact on the environment and strives to implement sustainable practices wherever possible.

### 2. Purpose

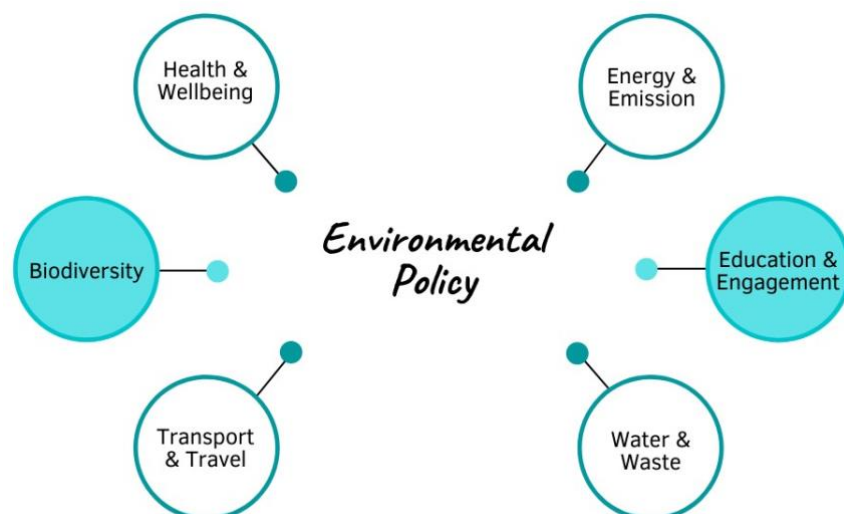
The Environmental Policy outlines how Anxiety UK will improve its environmental performance, addressing both physical and socio-economic dimensions.

### 3. Responsibilities

The CEO is responsible for the implementation of the Environmental Policy. However, staff members also have a responsibility to comply with the objectives of the policy.

### 4. Aims

Through the use of an action plan (see Appendix A), the policy aims to improve environmental performance in the following key area:



## 5. Objectives

- i. Education & Engagement: *Provide environmental education and promote engagement with environmental initiatives*
- ii. Health & Wellbeing: *Promote the health and wellbeing of staff and volunteers*
- iii. Energy & Emission: *Reduce energy consumption and emission*
- iv. Water & Waste: *Minimise water consumption and waste*
- v. Transport & Travel: *Reduce the need to travel and encourage greener modes of transport*
- vi. Biodiversity: *Improve local biodiversity and minimise harm to the ecosystem*

## 6. Policy Management & Availability

The success of the implementation of the policy will be regularly monitored and reported to the Anxiety UK board, and the action plan will be reviewed annually.

The policy will be shared internally and made available publicly on our website.