



Institute for
HEART+LUNG Health
Strong beats. Clear breaths. Full lives.

Joint Heart + Lung Rounds

Stand Up For Mental Health: Using Humour to Fight Stigma



Founded by award-winning counselor, stand-up comic, and author of the *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success* David Granirer, Stand Up For Mental Health teaches stand up comedy to people with mental illness. Come laugh your head off at this show that looks at the lighter side of taking meds, seeing counselors, getting diagnosed and surviving the mental health system.

Featured in the Voice Award winning documentary *Cracking Up*, Stand Up For Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment. People with mental illness are always being told what they can't do. In this show, they get to prove what they CAN do!

Thursday, April 5, 2012

8:00am - 9:00am

**New Lecture Theatre, Level 1 Providence Building, St. Paul's Hospital
Videolink to VGH (Paetzold HEC Auditorium, Jim Pattison Pavilion)**

David Granirer is a counsellor, stand-up comic, speaker, and author of *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success*. He has taught stand-up comedy to recovering addicts and cancer patients, and is the founder of Stand Up For Mental Health. His work is featured by media across North America and in the Voice Award winning documentary *Cracking Up*. David also gives laughter in the workplace presentations to hundreds of organizations across North America, helping them use humor to decrease stress, increase wellness, and cope with change. He is also the recipient of a Champion of Mental Health Award. These national awards recognize the contributions of individuals and organizations who have made outstanding contributions to the advancement of the mental health agenda in Canada. For information <http://www.standupformentalhealth.com>

For more information please contact Elishah Velji at: Elishah.Velji@hli.ubc.ca or 604.806.8586



a place of mind



This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada