



DBSA San Diego Presents:



I'm OK But *YOU* Need Professional Help: *Using Humor to Fight Stigma!*



By David Granirer, Founder, Stand Up For Mental Health

You have to be nuts to take counselor and stand-up comic David Granirer's *Stand Up For Mental Health* program where he teaches stand-up comedy to people with mental illness, but the results can be life-changing! This hilarious presentation is part comedy and part education. David, who himself suffers from depression, looks at how humor can help fight the stigma around mental illness. Through video clips, you'll also get to see examples of his comics breaking down barriers by finding the lighter side of their mental health journeys.

By doing stand up comedy, something that most so-called "normal" people would never want to attempt, the Stand Up For Mental Health comics fight stigma by demonstrating what people with mental illness are capable of.

So often conferences bring in experts to talk about mental illness. This is a chance to actually hear from the people who have it. And what they have to say will surprise, delight, and inspire you!

For more info about SMH visit www.standupformentalhealth.com



DBSA San Diego

presents

Stand Up For Mental Health



STANDUP FOR MENTAL HEALTH

- What:** Comedy Event by David Granirer
- When:** March 28, 2012
Doors open at 6pm, Event 6:30-7:30pm
- Cost:** FREE! (Parking is \$3)
**Limited parking fee assistance available.
Contact Michelle in advance at 619-818-1856.*
- Where:** UCSD School of Medicine - La Jolla, CA
Medical Teaching Facility, Garren Auditorium
- Directions & Parking:** Take the 5 to La Jolla Village Dr, turn West.
Turn Right at Villa La Jolla Dr.
Follow the "DBSA Comedy Event" signs from La Jolla Village Dr. & Villa La Jolla Dr. to the Gilman Parking Structure. Pay the attendant \$3.
PLEASE DO NOT PARK AT THE VA.
Disabled parking info: <http://bit.ly/comedyparking>
- Map:** Walking route from parking to the event
<http://bit.ly/gilman-garren>. Follow the speaker signs.