



**ARTREACH and
STAND UP FOR MENTAL HEALTH
WANT YOU:
TO BE FUNNY!!!**

Stand Up For Mental Health and **Artreach, Inc.** are looking for volunteers to be part of a **Stand Up For Mental Health** class where people with mental health and addictions issues do stand-up comedy all about their recovery journeys. **Stand Up For Mental Health** was featured in the Voice Award winning documentary **Cracking Up!**

Led by **David Granirer**, a counselor and a stand-up comic who himself has bipolar, **Stand Up For Mental Health** aims to reduce public stigma around mental health and addictions and spread a message of hope and empowerment.

HOW DOES IT WORK?

- We will have 12 weekly 2-hour classes via Zoom.
- David will work with each comic individually via Zoom and email. He will help you figure out what to write about, help you write your act, and give you general coaching.
- Your final act will be between 3-5 minutes.
- We will perform LIVE with David as MC!

And don't worry if you have a problem memorizing because you can use cheat-sheets on stage.

WHEN are Classes?

- MONDAYS, JUNE 16 - SEPTEMBER 8, 2025
- 1:00 - 3:00 PM
- On ZOOM (*note - participants must have their device and Wi-Fi*)

WHEN IS THE SHOW?

- **September 13, 2025**
- Time and Theater Venue to be announced

HOW DOES THE SHOW WORK?

- The show will be held IN-PERSON at a local theater venue.
- The show will be 60-75 minutes in total.
- David will run and MC the show.

CRITERIA FOR PARTICIPATION IN STAND UP FOR MENTAL HEALTH

Participants must:

- Have had mental health or addictions issues
- Be 18 or older
- Have stable housing
- Have a support system
- Have at least a year of recovery
- Be capable of sitting in class (on Zoom) and paying attention
- Be able to read and write in English. Don't worry – grammar and spelling don't count! :-)
- Have access to Wi-Fi
- If there are addiction issues, must have a year of sobriety.
- Have the motivation and desire to create healthy change
- And above all else, have a desire to do stand up comedy

BUT I'VE NEVER DONE STAND-UP COMEDY!

Don't worry. David has turned hundreds of people into stand-up comics and he will do the same for you. Got to www.standupformentalhealth.com to see testimonials and video footage of them.

David's guarantee to you is:

'If you put in the work from your end, I will do whatever it takes to make sure that you succeed!

You'll not only have an amazing experience, but you'll also get to reduce public stigma around mental health and addictions and have some great laughs!

ARTREACH, INC. WEBSITE: www.artreachheals.org

STAND UP FOR MENTAL HEALTH WEBSITE: www.standupformentalhealth.com