NEWS RELEASE

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Vancouver STANDS UP for Fort McMurray

Bring a smile to your face and someone else's at Yuk Yuks Vancouver on August 14

Vancouver, British Columbia – Vancouver award-winning counsellor, stand-up comic and founder of Stand Up for Mental Health, David Granirer, has teamed up with Yuk Yuks Vancouver to host **B.C. Stands Up**, an evening of laughter and inspiration to raise funds to help those impacted by the wild fires which devastated Fort McMurray in May.

The stand-up fundraiser will take place on August 14 at Yuk Yuk's Vancouver and all proceeds will support increased demands faced by mental health and crisis intervention services and programs in Fort McMurray at the Canadian Mental Health Association (CMHA) Wood Buffalo Region and Some Other Solutions Society for Crisis Prevention (SOS). Both organizations provide services to promote wellness, improve mental health and reduce the stigma of mental illness.

This event is organized in collaboration by CMHA, local visual artist Diane Moran, who has previously worked on projects supporting communities that have experienced disasters including New Orleans and Washington, and teambuilding and resilience expert Charmaine Hammond, a former resident of Fort McMurray now living in Vancouver.

"In early May 2016 Fort McMurray successfully evacuated more than 80,000 people as their community battled a raging forest fire referred to as "the beast" which destroyed more than 2400 structures and permanently damaged many areas of the community" says organizer Charmaine Hammond, who works closely with Some Other Solutions Society for Crisis Prevention (SOS) .

"Less than two months following the five week evacuation the community suffered further damages with excessive flooding. Vancouver's support of this event will help CMHA and SOS help the community build their resilience, prevent the risk of suicide, and provide additional support to those most at risk".

Natural disasters represent a significant risk factor to the mental health of trauma survivors and can contribute to many mental illnesses such as depression, generalized anxiety, and post-traumatic stress disorder. Many others will experience non-specific distress and somatic complaints.

"CMHA Wood Buffalo is continuing to listen to the mental health needs of individuals in the community and assess the types of support most needed" says Emma Murray, Fund Development and Event Coordinator, CMHA Wood Buffalo Region.

"We are servicing the immediate needs with mental health resources, training and information on coping techniques to the community for free. Two staff members will also soon be delivering Mental Health Works and Psychological Health and Safety Advisors programs which will help improve psychological health and safety in workplaces. However, the mental health needs of the community will continue to change as we move forward with re-building. CMHA Wood Buffalo will adapt accordingly by providing programs and services to meet those requirements."

Event Details:

What: B.C. Stands-Up – Fundraiser for Fort McMurray

When: Sunday, 14 August at 6:00pm to 8:30pm
6pm - Silent Auction and 50/50 draw
7pm - Stand Up Show

Where:	Yuk Yuks Vancouver
	2837 Cambie St, Vancouver, BC
Why:	To raise funds for mental health and crisis intervention services and resources in Fort McMurray offered through the Canadian Mental Health Association (CMHA) Wood Buffalo Region and Some Other Solutions Society for Crisis Prevention (SOS)
Cost:	Advance Tickets are $22+service fee and $25 at the door.
	Purchase tickets at www.yukyuks.com/vancouver.

About Stand Up For Mental Health
Stand Up for Mental Health is a program founded by Vancouver counsellor and comic David Granirer who teaches stand-up comedy to people with mental illness as a way of building their confidence and fighting stigma. David has trained comedians throughout North America in partnership with a number of mental health organizations. The program uses comedy to give people with mental illness a powerful voice and help reduce the stigma and discrimination around mental illness.

About the Canadian Mental Health Association (CMHA)
CMHA is Canada's most established mental health charity and the nation-wide leader and champion for mental health. CMHA helps people access the resources they need to maintain and improve mental health, build resilience, and support recovery from mental illness. Each year in BC alone, CMHA serves more than 100,000 people all across the province. For mental health and addiction information and resources visit www.cmha.ca.

About Some Other Solutions Society for Crisis Prevention (SOS)
Since 1986, Some Other Solutions Society for Crisis Prevention (SOS) has been supporting individuals of all ages and backgrounds to manage crisis situations, prevent suicide, and access community resources. SOS helps individuals find healthy ways to cope with crisis and ultimately reduce the negative impact of trauma on our personal and professional lives. SOS provides services through 3 main programs: Information & Referral, Health & Wellness, and Child & Youth Programs.

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To schedule interviews, contact:
Lorna Allen, Communications Coordinator - Media
Canadian Mental Health Association, BC Division
604-688-3234 or lorna.allen@cmha.bc.ca