



A big shout-out to CUPE BC for their support and their sponsorship of this show.



## Jan. 19th Presentation: 5:30–7:00 pm Stand Up For Mental Health

This pandemic is challenging for CUPE members working as frontline workers across B.C. We have had to learn new ways of doing things under challenging conditions. Many have faced pandemic fatigue and fear in a situation that changes frequently—working despite the lack of a mask mandate, and fearing for the health and safety of our families and loved ones with health issues that put them at risk.

Members may experience depression themselves or worry about a colleague or friend and want to know how to reach out to them to let them know someone cares.

This webinar features a one-hour performance by counsellor and stand-up comedian David Granirer and his Stand Up For Mental Health comics. Q&A to follow.

### Resources available to members include:

- Employee Family Assistance Programs (EFAP) cover various items and are available through most school districts. Check with your district on what your coverage includes.
- Visit the [Public Education Benefits Trust \(PEBT\)](#) website and search for “mental health” to find resources for members.
- Check with your local and district to find out what benefits you have available for mental health support.
- Contact your shop steward/local executive.
- The B.C. branch of the Canadian Mental Health Association (CMHA BC) [website](#).
- WorkSafeBC has [two new resources](#) that address the mental health effects of COVID-19 in the workplace.
- The B.C. government also provides many [mental health resources](#).

Information to join the January 19, 2021 Zoom presentation will be emailed to Local Presidents, Unit Chairs and Staff Reps.

**This presentation is open to all CUPE K-12 members.  
Contact your local for the meeting link.**

**We'd like to wish every member and their family a safe and happy holiday. We look forward to working with you in 2021!**

### David Granirer RPC, MPCC, M.S.M.



David Granirer is a counsellor, stand-up comic, author, and founder of [Stand Up For Mental Health \(SMH\)](#), a program teaching stand-up comedy to people with mental health issues.

David, who has depression himself, is featured in the VOICE award-winning documentary *Cracking Up*. He also received a Life Unlimited Award from Depression Bipolar Support Alliance, an Award of Excellence from the National Council of Behavioral Health, a Champion of Mental Health Award, and a Meritorious Service Medal from the Governor General of Canada.

He was recognized as one of the 150 Canadian Difference Makers in mental health. A sought after keynote speaker, he also works with mental health organizations in Canada, the U.S., and Australia to train and perform with SMH groups in dozens of cities.