

Mental Health



Everyone smiles in the same language.

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Universal Comedy and Mental Well Being

At some point in life, 1 in 4 Scots will experience a mental health problem, or know someone who does. But stigma, prejudice and social exclusion can make it difficult for people to seek help.

Figure from the Mental Health Foundation.

Mental illness can take away opportunity.

This is where we step in.

Universal Comedy's work has proven beneficial in supporting people of any age who suffer from a mild to moderate mental health problem. Hosted by a professional comedic tutor from the world of comedy (writers and performers) and a support worker, our comedy clinics and developmental courses assist with:

- Active Engagement
- Offering Structure
- Recovering Identity
- Improving motivation, confidence, self esteem & aspirations
- Promoting and enhancing creativity (ideas generation)
- Reducing isolation and developing positive relationships
- Stigma reduction

Mental Health Organisations

Our work supports the key aims and objectives many mental health organisations are tasked with achieving on behalf of service users. Our clinics and courses offer a 'sign-post' service and support people at several pathway stages. Specifically, our workshops, courses, events and on-going support and friendship can assist with:

- Service User / Client Engagement
- Improving Quality of Life
- Address social inclusion – identifying people deemed 'hard to reach hard to help'
- Intervention
- Moving people on to pathways to access learning and further education opportunities



So far we have worked in partnership with the following organisations providing fresh and exciting comedy to support mental health recovery.

- Choose Life: Comedy for events within North Lanarkshire
- Scottish Association for Mental Health : Workshops for service users
- Mental Health & Arts Festival: Comedy workshops on behalf of CHCP's
- Lanarkshire Association for Mental Health / Peer Support
- Community Health & Care Partnerships (Glasgow City, Edinburgh City and Lothian)

Our support doesn't end when a workshop or course finishes.

Universal Comedy participants are encouraged to produce, publish and perform their work, attend events and keep up-to-date with us via our mailing list and newsletters.