

# Scottish comedian to appear at Edinburgh College



***A famous Scottish comedian is taking to the stage at Edinburgh College soon to promote Scottish Mental Health Week.***

Gary Little, is originally from Glasgow but now performs comedy gigs all over the world, and he will perform his show Gary Little's Mental Night of Comedy at the college's Milton Road Campus on Thursday 10 October at 6.45pm.

The straight-talking comedian, whose fans include the Scottish comedy star Kevin Bridges, has struggled with depression throughout his career. By reflecting on his own experiences, Gary's humour offers a fresh and honest approach to discussing wellbeing and confronting the stigma attached to mental ill health.

Sean McDonagh, Edinburgh College learner development tutor and lecturer, said:-"We are very pleased to be hosting Gary Little's Mental Night of Comedy at the college. One in four people in Scotland will have a mental health problem at some point in their lives and we believe that encouraging people to talk in this type of relaxed and open setting can be one of the first steps to better mental health. As well as being an outstanding night of stand up from a very talented comedian, we hope that the show will work towards taking the mystery out of offering support to someone with a mental health problem."

Scottish Mental Health Week is taking place between 7 – 13 October and is championed by Scottish mental health charities SeeMe Scotland and the Scottish Association for Mental Health (SAMH). The annual event aims to raise awareness of mental health issues and to campaign on behalf of people with mental health problems in Scotland.

Tickets for Gary Little's Mental Night of Comedy are available from the college shop at Edinburgh College, Milton Road Campus, 24 Milton Road East, Edinburgh, EH15 2PP or by contacting [sean.mcdonagh@edinburghcollege.ac.uk](mailto:sean.mcdonagh@edinburghcollege.ac.uk). Tickets cost £8 for concessions and £10 for adults.

Submitted by [Susannah Nichol](#)

