



## **Big Daddy Tazz**

**Comedian, Children's Champion and  
Mental Health Advocate  
Co-Creator, Generals in Tents  
Winnipeg, Manitoba**

For over 30 years, Big Daddy Tazz has been delighting audiences across North America with his quick wit, honesty and heart. Known as The Bi-Polar Buddha, he blends laughter and learning to shine a light on mental health, resilience, self-love and the power of self-acceptance. After years of denying the mental illnesses that shaped his life, Tazz embraced his diagnoses—bipolar disorder, ADHD, OCD, anxiety and dyslexia—and turned them into strengths. Today, he uses his trials and tribulations to inspire others to see that mental health challenges don't define us—They connect us. Described as "one of the most talented comics in the business," Tazz has performed at Just For Laughs, the Moncton Comedy Festival and the CBC Winnipeg Comedy Festival, and he is a frequent guest on CBC's The Debaters. In 2023, he received the John Candy Award, founded by John Candy's children, recognizing his contributions to both comedy and mental health advocacy.