

# Mental Health Essentials

(4-Hour Course)



## About the Course

Studies have shown that the construction industry has the highest rate of suicide and death from drug overdose across all other occupations (CDC, 2018). This 4-Hour Mental Health Essentials course will train you how to understand, recognize, and respond to the most common mental health challenges such as depression, anxiety, trauma, and substance use disorders. This course hits similar objectives as the 8-hour *Mental Health First Aid* course, but in half the time. Learn an easy to remember action plan as well as evidence-based tools to recognize when someone is struggling and how to connect them to appropriate help.

### Topics Covered:

- Learn basic warning signs to recognize when someone may be struggling and how to prevent crisis by connecting them to help early.
- Learn how to provide support to someone who may be in crisis related to suicidal thoughts & behaviors, a panic attack, or response to a traumatic event.
- Deep dive on crisis related to suicidal thoughts and behaviors and how this type of crisis is addressed on a jobsite.
- Practice powerful evidence based coping strategies to provide others as well as for your own mental wellbeing.

## When

Thursday, September 12, 2024  
8:00 am to 12:00 pm  
*includes continental breakfast.*

## Where

AGC Georgia Training Center  
1940 The Exchange  
Atlanta, GA 30339  
*at intersection of Windy Hill Road  
and I-75 / I-285 in Cobb County*

## Registration Fee

AGC Georgia Members Save \$20 when registering at [www.agcga.org](http://www.agcga.org). There is a \$20 increase if registration is within 2 weeks of course start date.

- AGC Georgia Member \$200
- AGC Georgia YLP Member \$180
- Non-AGC Georgia Member \$300

## Instructor

Mike Luster, MDiv, MSW, LCSW  
Mental Health Resources, LLC

## Attendee Registration Form

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Registrant's Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
Company: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Food Restrictions: \_\_\_\_\_  
Primary contact for registration, if not registrant: \_\_\_\_\_ e-mail: \_\_\_\_\_

### Check One:

- Check: Make checks payable to AGC Georgia. Mail copy of this form with your check to our lockbox:

*Wells Fargo Bank/ AGC Georgia; P. O. Box 934023; Atlanta, GA 31193-4023*

- Charge My:  AmEx  MC  Visa  Discover Total Amount Due \_\_\_\_\_

Name on Card: \_\_\_\_\_ Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Regardless of payment method, please use one of the methods below to return this form:

- Electronically: Use "Click to Submit" button to attach to an automated email (*Doesn't work on all systems*)
- Fax: 678-298-4101
- Email: After completing form scan to [registration@agcga.org](mailto:registration@agcga.org).

Cancellation Policy: The registration fee is fully refundable up to one week prior to the event. If you do not cancel before this one-week period or do not attend the seminar, the registration fee will not be refunded. Substitutions are encouraged and may be made by emailing [parham@agcga.org](mailto:parham@agcga.org).