

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, October 26, 2023

8:00 am to 12:00 pm, *lunch will be served immediately following class*

Where

Premier Best Western
103 San Drive
Pooler, GA 31322
The Wisteria Room

Registration Fee

AGC Georgia Members Save \$20 when registering at www.agcga.org. There is a \$20 increase if registration is within 2 weeks of course start date.

- AGC Georgia Member \$255
- AGC Georgia YLP Member \$230
- Non-AGC Georgia Member \$355

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.

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. Confirmation will be emailed one week prior to the course.