

MENTAL HEALTH in the Construction Industry

Location: IBEW Local 1 Hall

Date: Saturday - Jan 11, 2025

Time: 8a – Noon

AGENDA

- 8-8:10 *Opening Remarks*
- 8:10-9:30 *MH in the Construction Industry*
This session provides an overview of MH, opioids awareness, and suicide prevention in our industry and communities.
- 9:30-9:45 *Break*
- 9:45-10:45 *QPR Gatekeeper*
This course examines suicide prevention and intervention tactics for tradespeople.
- 10:45-11 *Break*
- 11-11:30 *Resilience Training*
This course explores how each of us deal with stress and provides a better response model for each of us to consider going forward.
- 11:30-11:50 *Narcan Training*
This course will cover the necessary information to administer Naloxone in case of an overdose on the job or in the community.
- 11:50-Noon *Closing Comments*