



Pipe Trades
UA LOCAL
393
TRAINING CENTER



Pipe Trades Training Center Launches UA Local 393 Peer Support Group

Suicide Prevention and Peer Support Training for Inaugural Group of Peer Supporters

SAN JOSE, CA (August 2, 2023) UA Local 393 Members to receive Suicide Prevention and Peer Support Training from renowned psychologist Dr. Sally Spencer-Thomas this weekend.

Mental health is crucial. Study after study shows the impact of poor mental health. Depression, substance abuse and rates of suicide have climbed. Although we hope that our membership is happy and healthy, the construction industry is plagued with high rates of all three. To break the stigma of seeking help and combat these staggering statistics, the Pipe Trades Training Center is developing a peer support group for UA Local 393 members. We are fortunate to have a diverse membership with a wide range of lived experience which is an amazing foundation for the peer support group. Members from all piping trades, at all levels and positions have volunteered to be part of this inaugural group of peer supporters. In collaboration with Dr. Sally Spencer-Thomas and her team, we are launching this first group of 393 peer supporters. It is through this amazing training opportunity that we will be able to equip our peer supporters with the tools to help their brothers and sisters. This is the first step in many to come with the goal of creating a culture of support within UA Local 393.

About The Pipe Trades Training Center

Pipe Trades Training Center is the training facility that supports UA Local 393 members. Currently housed in a state-of-the-art, 102,000-square-foot facility in San Jose, the Training Center has for decades offered the highest quality apprentice and journey level courses available. The Pipe Trades Training Center is a registered apprenticeship with both the State of California and the Department of Labor, accredited by the Council on Occupational Education and affiliated with Foothill College. The Training Center offers four distinct apprenticeship opportunities in Plumbing, Steamfitting, HVACR and Residential Plumbing. We have over 50 instructors who bring first-rate credentials and vast field experience to enrich your classroom experience as well as dozens of UA Local 393 signatory contractors who offer valuable on-the-job training. Along with providing excellent training for the workforce of UA Local 393 the Pipe Trades Training Center provides regular mental health and wellness seminars, resources and will be launching a peer mentorship program within the apprenticeship program.

About Dr. Sally Spencer-Thomas

Dr. Sally Spencer-Thomas is a clinical psychologist and acclaimed mental health and suicide prevention speaker. She has partnered with the UA to develop a mental health program within the VIP (Veterans in Piping) Program, has been a speaker at several UA events and developed the Construction Working Minds Summit, a conference for construction professionals to obtain mental health and wellness training.