# Mental Health Resource Fair

## Locations and Times

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<thead>
<tr>
<th>Location</th>
<th>10:00</th>
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<th>11:00</th>
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<tbody>
<tr>
<td>108A Self-Care</td>
<td>Community Support and Resources Panel Discussion</td>
<td>Mindfulness</td>
<td>Connections Between Physical and Mental Health</td>
<td>Creating Meaningful Relationships</td>
<td>Resilience</td>
<td>Exercise and Nutrition</td>
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<td></td>
<td>Kyle Hanson / Brad Baker Matt Hardin / Tricia Harvala</td>
<td>Nisha Suwa / Robin Bajracharya</td>
<td>Melinda Peterson</td>
<td>Bill McKee</td>
<td>Chad Bannister</td>
<td>Nicolle Clay</td>
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<tr>
<td>108B Beyond Self-Care</td>
<td>Pharmaceuticals</td>
<td>Understanding Mental Illness: Signs, Symptoms, Treatment and Recovery</td>
<td>Adverse Childhood Experience's (ACE's) Impact on Mental Health</td>
<td>Recognizing Crisis</td>
<td>Suicide Prevention</td>
<td>Substance Abuse and Dual Diagnosis</td>
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<td></td>
<td>Sarah Wegener</td>
<td>Dr. Ravsten</td>
<td>Shannon Fox</td>
<td>Matt Hardin</td>
<td>Rhonda D'Amico</td>
<td>TBD</td>
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## Exhibitors

- Southeast Idaho Behavioral Crisis Center
- Community Mental Health Services
- ISU
- ISU Master Occupational Therapy
- ISU START
- ISU Bengal Pharmacy
- Idaho Childrens Mental Health
- Area Agency on Aging
- Lifechange Associates
- Your New Spring
- Intune Idaho Yoga Studio
- Portneuf Sangha
- Inner Connected Wellness
- The Visualization Healing Center
- Southeastern Idaho Public Health-Home Visit Program
- Family Service Alliances of SE Idaho
- Grief Recovery Method Specialist
- Southeastern Idaho Public Health
- City Creek Counseling
- Elevated Mental Awareness
- ISU CEWT
- Idaho Network 4 Mental Wellness
- Bannock Youth Foundation
- Blue House Spiritual Wellness Center
- Hope and Recovery Resource Center
- Mental Wellness Centers
- Gateway Counseling
- Gate City Boxing Club
- Dragonfly Wellness
- Planet Research Group
- A New Way
- Portneuf Valley Family Center
- Fitness Inc
- Mind You body

## Thanks to Our Sponsors

- Ridley's
- Albertsons
- Costco Wholesale
- Pocatello Periodontics
- Portneuf Valley Family Center

## Check out the Exhibitors!