



Idaho State University



MENTAL HEALTH AWARENESS EVENT

Mental Health Awareness Week

Lunch & Learn Presentations

October 5-October 9, 2026 • Idaho State University

• Free to the Public and Conducted over Zoom)

Each Lunch and Learn will count toward 1 contact hour.
Certificates of attendance will be available.

- Mon., Oct. 5, 2026, 12 pm-1 pm: TBD Mental Health Topic
- Tues., Oct. 6, 2026, 12 pm-1 pm: Amber Greening - Burnout & Compassion Fatigue
- Wed. Oct 7, 2026, 12 pm-1 pm: Chris Cole- Falling for myself: Valuing ourselves by living our values
- Thurs. Oct 8, 2026, 12 pm-1 pm: RaeAnne Buerstatte- The Person Behind 'I'm Fine': Recognizing Distress, Creating Connection, and Knowing How to Respond.

LEARN MORE: [CETRAIN.ISU.EDU/MHF](https://cetrain.isu.edu/MHF)