

# Mental Health First Aid USA



MENTAL  
HEALTH  
FIRST AID®

## chioma oruh

Has completed the 8-hour course and is now certified in

## Mental Health First Aid USA

And has been trained to provide initial help to people experiencing problems such as depression, anxiety disorders, psychosis, and substance use disorders.

This certificate became effective on: 3/7/2018

Date

This certificate expires on: 3/7/2021

Date

*Marla Lahat*

Instructor

*Mary Zook*

Instructor

**NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH**  
STATE ASSOCIATIONS OF ADDICTION SERVICES  
*Stronger Together.*

National Council for Behavioral Health operates Mental Health First Aid in the USA. The National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health founded Mental Health First Aid USA.