

Mental Health  
First Aid USA



MENTAL  
HEALTH  
FIRST AID®

## Certificate

**Debbie Holland**

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: 02/18/2020  
Date

This certificate expires on: 02/18/2023  
Date

Ami Mizell-Flint

Instructor

Instructor

**NATIONAL COUNCIL**  
FOR BEHAVIORAL HEALTH  
MENTAL HEALTH FIRST AID

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.