

# Mental Health First Aid USA



MENTAL  
HEALTH  
FIRST AID

## Certificate

# Jasmine Thomas

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 mental health problems such as depression, anxiety disorders, psychosis and substance use disorders.

This certification became effective on: **FEBRUARY 27, 2024**  
Date

This certification expires on: **FEBRUARY 27, 2027**  
Date

*Racquel Morrison-Guassac*

Instructor

Instructor



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

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

