

# CERTIFICATE of COMPLETION



Presented to

**Michael Couchman**

This certificate is awarded in recognition of the completion of the online mental health training of Be There's 5 Golden Rules to recognize if someone may be struggling with their mental health and to safely and effectively support them in getting the help they deserve.

Eric Windeler  
Jack.org, Founder

Cynthia Germanotta  
Born This Way Foundation, Co-Founder

12/09/2023

Date



Be There Certificate

**jack.org**

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FOUNDATION**