

Bella Ott

has completed the course and is now certified in

# Adult Mental Health First Aid USA

and has been trained to provide initial help to someone experiencing a mental health or substance use challenge.



**Mental Health**  
**FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

*National Council for Mental Wellbeing operates Mental Health First Aid in the USA. The National Council for Mental Wellbeing and the Missouri Department of Mental Health founded Mental Health First Aid USA.*

**Chuck Ingoglia**  
President & CEO  
National Council for Mental Wellbeing

*This course is eligible for 7.5 contact hours of continuing education credit.*

This certificate became  
**effective** on:

03/19/2024

Date

This certificate **expires**:

3 yr from effective date

Date