

Estelle Higgins

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:

03/16/2025

Date

This certificate **expires**:

3 yr from effective date

Date