FILED FOR RECORD

_____ O'CLOCK _____ M

OCT 27 2025

VANESSA JAMES, County Clerk
JACK COUNTY, TEXAS

BY _____ DEPUTY

Keith Umphress

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.

This certificate became **effective** on:

Sep 29, 2025

Date

This certificate **expires** three years from the date it became effective.

Chuck Ingoglia
President & CEO
National Council for Mental Wellbeing

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.

This course is eligible for 7.5 hours of continuing education credits.