


**From:** Zoey C. (The LightHouse Arabia) reception@lighthousearabia.com   
**Subject:** MHFA E-Certificate  
**Date:** 5 April 2021 at 11:20  
**To:** Teresa Arora teresa.arora@zu.ac.ae

ZC

This message (84042) is from The LightHouse Arabia.

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**Zoey C. (The LightHouse Arabia)**

Apr 5, 2021, 11:18 GMT+4

Dear Teresa,

Thank you for recently attending the **Adult Mental Health First Aid Training** with The LightHouse Arabia on Wednesday, March 24 and Thursday, March 25, 2021. Attached please find your e-certificate and accreditation card for successfully completing the course.

We host a monthly MHFA support session for accredited first-aiders. This is a space to process or debrief first-aid conversations you have experienced, share concerns related to mental health, and discuss current events that may be impacting mental health. You can register by visiting <https://www.lighthousearabia.com/register-for-an-event/>

Please don't hesitate to contact me if you have any questions or concerns.

Sincerely,

Zoey C.  
Client Care Coordinator



The LightHouse Arabia is an outpatient facility. For appointments of an urgent nature, please contact us on **T. (0)4 380 2088** during working hours from Saturday – Thursday, 8am – 8pm.

Outside of working hours, if the emergency is acute and severe and you feel your safety is at high risk, please visit Al Amal hospital for an emergency assessment.

This email is a service from The LightHouse Arabia. Delivered by Zendesk



Teresa  
Arora.pdf



*Mental Health for  
Everyone, Everywhere*

## CERTIFICATE OF COMPLETION

This is to hereby certify that

Teresa Arora

has completed the

### **Adult-to-Adult Mental Health First Aid Course**

This course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental health problem or experiencing a mental health crisis.

Signature

Name **Anna White**

**MHFA Instructor**  
The LightHouse Arabia

Date of Completion March 25<sup>th</sup>, 2021



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**THE LIGHTHOUSE**  
CENTER FOR WELLBEING