



COMANCHE COUNTY HEALTH  
DEPARTMENT  
1010 SOUTH SHERIDAN RD  
LAWTON, OKLAHOMA 73501

P R E S E N T S

M E N T A L H E A L T H F I R S T  
A I D - A D U L T

**October 8th & 15th**  
**10:00 am to 3:00 pm**

Registration closes  
9/10/2016



You must **ATTEND**  
both weekends to  
fulfill the 8 hour course  
requirement.



Cost:  
\$8.00 Cash payment  
only. Payment covers  
the cost of program  
materials only

This course is designed to teach methods of assisting someone who may be in the early stages of developing a mental health problem or experiencing a mental health crisis.

The course is most relevant in situations where it has become apparent to others that persons within their social network are developing serious mental health problems.

MHFA teaches the audience how to recognize the symptoms of mental health problems, how to offer and provide initial help, and how to guide a person toward appropriate treatments and other supportive help.

◆ **Objectives:**

- ◆ Preserve life when a person may be a danger to self or others,
- ◆ Provide help to prevent the problem from becoming more serious,
- ◆ Promote and enhance recovery, and
- ◆ Provide comfort and support

TO REGISTER ↓

For more information on MHFA  
visit their website at:  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

Please Contact:

Marquise Bishop - Health Educator

[Marquiseb@health.ok.gov](mailto:Marquiseb@health.ok.gov)

Phone:(580) 585-6743 or Fax:(580) 585-6621

[http://wims.mentalhealthfirstaid.org/course\\_details.php?id=60171](http://wims.mentalhealthfirstaid.org/course_details.php?id=60171)



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Health Department