



Red Rock BHS



Mental Health First Aid (MHFA)

CLEVELAND AND MCCLAIN COUNTIES

Mental Health First Aid (MHFA) is an early intervention, public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally, how to give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to professional support and services.

Learning Objectives

- Purpose of MHFA
- Role of Aider
- Identify mental health or substance use challenges
- Principles of Safety, Privacy
- Impact of early intervention
- Appropriate Steps, Methods
- How Recovery Is Possible

Date & Time:

October 8, 2025
8AM – 5PM



Location:

The Well
210 James Garner Ave
Norman, OK

REGISTER NOW



Red Rock is funded, in part, by the Oklahoma Department of Mental Health and Substance Abuse Services.