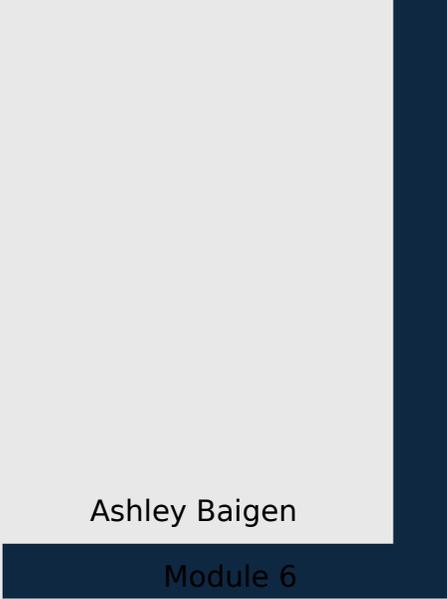


Journaling Assignment

Psychiatric Mental Health Nursing

Ashley Baigen



Module 6

My attitude towards psychiatric mental health is always remembering to be open minded and understanding when it comes to people who suffer from all types of mental health. I have not had a lot of experiences being around people who suffer from mental health. What I do know is that I have always being attracted to mental health and wanting to know what it is that makes an illness an illness, if there are triggers, genetics, drugs if there's any link that links something to mental illness. I can maybe think of a handful of friends who might have suffered from depression, anxiety, and bipolar disorders. I don't have any concerns for taking this course rather I am looking forward to gaining knowledge about psychiatric mental health. I am looking forward to a better understanding of mental health, better ways I can learn how to take care of people who suffer from these illnesses. I am hoping this course will give me the opportunity to identify when someone is struggling, mentally and are afraid of speaking up and letting someone know that they are able to talk about how they feel and not get judged for it.

I don't have a lot of experiences with psychiatric illnesses. But I will talk about a friend who suffered from depression and bipolar disorder. It was a childhood friend; she was a very good friend growing up. Some of the things I experienced while being around her was doing things to harm herself. One memory that sticks with me is burning herself with cigarettes after her and her boyfriend broke up. As a teenager I never understood what was really going on or the gravity of the situation but looking back no one should have to feel this way or go through what she did. Every day I never knew how the day would go with her, it would either be a happy day, an angry day, a sad day, or just a mix in one. My belief about mental illnesses is that it is a real thing, people do feel this way and they shouldn't be treated any differently just because we don't feel or see things the

way they do. I feel that someone put will think they are making it up for attention and not actually understanding or giving the person a chance to identify what is going on with them.

I don't have any fears or concerns for this concept. I am looking forward to the knowledge that I will gain about mental illnesses.

My expectation for this module is to gain an understanding on psychiatric mental health and understand what is it that really goes on for each illness that people suffer with. I have always had an interest in figuring out what really goes on in people who suffer with mental illness and what is it that triggers certain stuff like this to happen. I want to learn how to help people, provide comfort, provide safety and ensure they never feel like a burden to us healthcare workers or feel like they will ever get treated a different way. The first question I have for this course "is mental illness linked to genetics, what are the chances someone will get it if their parent has it or someone in the family has it?" The second question is "how is mental illnesses tested, what is being done to figure out what a person is suffering from?" The third question would be is "how serious do healthcare workers take patients who suffer from illness's seriously?"