

## Mental Health First Aid Clinical Journal

The clinical journal is a reflective assignment after completion of the Mental Health First Aid Course. This journal is designed to help you explore what you have learned, and what you may apply as a nurse caring for these types of patients. Please address each of the following points with 3-5 sentences. You are not limited to discussing only these points and may write more if you wish. This is not a formal paper and does not have to be in APA format.

1. How does the Mental Health First Aid Class relate to this course?

This course relates to how to approach someone who may be suffering from a mental illness. There are tons of people who suffer mental illnesses + it's okay. Not all the symptoms mean you have a mental illness.

2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.

Some things I have learned is that not everyone who exhibits s/s of a mental health disorder have a mental illness. I also learned that anxiety + depression are the 2 most common mental illnesses I can apply this by never being judgemental + having an open + positive approach to all.

3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?

Mine definitely changed! I feel like I understand more and realize how big of an impact mental health plays. This course was very eye opening.

4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?

I want to be able to be there for more people. Use the knowledge I have learned to help others and put the knowledge to good use. Being a good nurse and being someone that my patient's + families can go to when times are hard.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.

Overall, this experience has been rewarding and eye opening. I honestly haven't been someone who totally understands mental illnesses. I am not surrounded by many who are affected by it, so I sometimes have a hard time why people won't just ask or get help. After this first aid training I now have a better understanding as to how someone with a mental illness think and why they won't get help. It truly can be hard to ask for help or <sup>not</sup> easy to talk to someone. This course did provide a lot of insight and knowledge to how mental illness works and affects someone.

Mental Health  
First Aid USA



MENTAL  
HEALTH  
FIRST AID®

## Certificate

**Karlie Roberts**

has completed the 8-hour course and is now certified in

**Mental Health First Aid USA**

And has been trained to provide initial help to people experiencing problems such as depression, anxiety disorders, psychosis, and substance use disorders.

This certificate became effective on: January 20, 2023  
Date

This certificate expires on: January 20, 2026  
Date

*Beth Byker*  
Instructor

*Jim Russell*  
Instructor

**NATIONAL COUNCIL**  
FOR BEHAVIORAL HEALTH  
MENTAL HEALTH FIRST AID

National Council for Behavioral Health operates Mental Health First Aid in the USA. The National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health founded Mental Health First Aid USA.