

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 class relates to our course because it taught us possible warning signs for someone dealing with mental health issues as well as how to handle them. Throughout the class we learned possible risk factors to mental health and how to spot them out. We also learned how to approach someone that may have a mental health issue and different steps to take (ALGEE)

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

One skill I learned was how to approach someone that could be going through a mental health issue. I learned that it is important to be non judgemental and to keep the questions open to try and get as much information from them as possible. Another thing I learned was what to look for with someone that could be going through a mental health issue such as someone drinking more often.

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

I feel like it did change a lot. Before this class I could probably tell you how to notice a couple things about someone going through a mental health issue, however now I feel that I could notice a lot more. I also think I could approach someone that is going through these issues and have a meaningful conversation with them.

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

The main thing I learned from this course was how to talk to someone with mental health issues. For example I know now that if I were to talk to someone with mental health issues I would know to be an active listener with open body language and non judgemental. I would also know to ask open ended questions to get a better understanding of what may be going through their head.

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

Overall I really enjoyed this class, I feel like I learned a lot by attending this course. Before coming into this course I had a vague idea of how to deal with someone with mental health issues, but now I feel like I have gained a lot more knowledge. Although it was a very long class I was glad I was able to go and learn as much as I did.