

1. How does the Mental Health First Aid Class relate to this course?
 - a. The Mental Health First Aid Class relates to our Mental Health class because it discusses behaviors and mannerisms of those who are battling a mental illness. This first aid class will better help me to navigate through my clinical interactions with patients and to excel on my tests. This Mental Health First Aid Class will help me not only within just my mental health studies, but also throughout my nursing career and home life.

2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
 - a. First thing that I learned within this Mental Health First Aid Class is that those who have a mental illness cannot just “snap out of it”. I feel that there is a high stigma about people with a mental illness, and that they can turn it on/off whenever they want to. Although it may be easy to believe that someone can turn on/off the way they act, that is not true for someone who is struggling with a mental illness. A mental illness is fully capable of taking over a person’s entire physical and mental ability. I can use this knowledge that I learned from this Mental Health First Aid Class in nursing practice by being able to recognize mental health problems that may be present within patients.

- b. Another thing that I learned from attending the Mental Health First Aid Class is that I now possess the knowledge to recognize mental health signs and symptoms not only for my patients, but also with my co-workers. I think that it is important to stay not only focused on our patients, but also with our peers that we work alongside everyday. If I happen to notice subtle changes to my co workers outfit, appearance or typical mannerisms that to usually possess, I can politely ask them if someone they would like to go to get a bite to eat. By asking this co worker to go get food, it would open up a perfect time to bring up their life, and that I have noticed certain things that are out of the ordinary for them.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid course. Did it change?

 - a. My self-awareness changed in the aspect of what I can do to help patients/peers that may be struggling with mental health. My view on mental health has stayed consistent over the years, due to a family member having been diagnosed with a mental illness. After my family member was diagnosed with the mental illness of being bipolar, I immediately started doing my research, and looked up the best resources for him. What I did not realize throughout this process of searching for the best resources for him, I was not including the people that are around him everyday. The people who are around someone with a mental illness is extremely critical that they are

educated on how to interact/engage with the person who has the mental illness. It is also very important for the people who are interacting with the person who has the mental illness to interact correctly, or else it could trigger the person.

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

a. I will use the knowledge that I learned throughout this course to better help the mental health of my patients, by being able to address their concerns with them. I will be able to know converse with my patients and not let a mental health disease put a barrier between us. Because of this class, I feel like I now have a better understanding of how my patients with certain mental health diagnoses feel. I am hoping to be able to be a safe person for my mental health patients to be able to open up to and confide in for any help that they may need.

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

a. At first with this experience, I was very skeptical. I have sat through a mental health training exercise online before, for my current place of employment. Having knowing some baseline knowledge on mental health from the previous lectures, I did not know what to expect. I can say now that I was very surprised at the entirety of this Mental Health First Aid Class. This class touched on every important step within the mental health first aid. I am very happy to have had the opportunity to

take this class because I feel that in the end, it will make me a better nurse. I also from this class, learned more about the mental health diagnoses of bipolar than I had from before. With that being said, I was extremely grateful for that extra knowledge that now I could use this to help communicate better with my family member. Overall, this class was a great way to be introduced into the world of mental health.