

## 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?

I believe this course relates to this class because we are learning about mental health in this course, about how and when to approach someone who are having behavior spells and ways on how to calm someone when they are just not feelings themselves. The first aid class educates you about how to not judge clients who has mental health problems. But also how to be there for clients who may need your support.

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

I learned that it doesn't have to be specific events to trigger depression. It can be anything, it can be multiple things that are a trigger for you and to put you in a depressive state. I also learned that when having a client with mental health illness, don't refer to them and say your mentally ill, or your bipolar. Instead say this person has a mental illness because it's a condition that they have, that's not who the person is as a whole. The way that I can apply this to the nursing practice is educating others to be self aware and be cautious with their words and be understanding. Try putting yourself in their shoes because at any giving point it can be you. No matter the color of your skin or background any of us can be hit with depression.

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

Before attending this class I didn't know a whole lot about mental health and all different forms of mental health. I am more aware of do's and don't of how to interact with someone who may be battling depression or any mental illness, but also to be more sensitive to what individuals are going through and most importantly be more supportive. Even sometimes I say things like are you crazy or are you bipolar and I mean know harm but now after this class I think that could actually be offensive to someone who may be bipolar.

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

First, I would defiantly help others to start with their self-awareness and make sure that their mind is in the right space to want to learn more about mental health but to educate them on how important mental health is and to be supportive of mental health. I will speak up when the client feels as though they can't advocate for themselves but also provide the information when them their selves don't know what may be bothering them.

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

This class is very important for all individuals to take or learn about because there are things you need to know when dealing with individuals who are battling with mental illnesses. But those people are individuals we see on a daily bases and its good to be kind to people because you never know what someone is going through internally. I learned how to use "ALGEE" were as we have a different approach, when using algee there's know right or wrong order for you to approach and be there for a client going through mental health problems. As long as you come with good intentions and you have self-awareness to not judge you may be able to help a client more than you know.

