

### **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?**

The Mental Health First Aid Class relates to this course. It goes over all aspects of mental health. It states the signs and symptoms of mental health clients that you normally would see on a typically nursing floor. It opens our minds to the signs and symptoms that may not be deemed usual to the common person.

**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 the mental health action plan. Where you would start off with assessing the client for risk of suicide or self-harm. Next listening to them nonjudgmentally. Then giving them reassurance and resourceful information. Furthermore, encouraging them to seek appropriate professional help. And lastly, encouraging self-help. These steps are also continuous. I also learned that many signs and symptoms related to the physical aspects of the body can be related to the mental aspects.

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

Yes, my self-awareness about mental health has changed. I now know what it feels like to experience what it would be like to have auditory hallucinations after one of the activities we participated in. I know what signs and symptoms to look out for to provide further care for clients. I understand that I must be careful with what and how I say certain things.

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

I will use the knowledge I've gained in this course to advocate for my mental health clients. I can effectively communicate with them to understand their needs, to lead to a solution. And provide them with the information and reassurance that they seek for.

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

This course was very helpful and informative, it opened my mind to signs and symptoms of mental health and how to initiate help. I enjoyed the activities that we participated in. And it was very helpful to be engaging to better illustrating the concepts being discussed.