

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?

It relates to this course in lots of different aspects of mental health nursing. It goes over the signs and symptoms of different mental illnesses and what to do when someone is having a crisis. It also talks about substance abuse and what to do if someone overdoses. This class went into a little more depth about each mental illness and how to help someone who is in a crisis and helps you identify the signs if someone is going through a mental health condition.

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 about the phrase “ALGEE” which is used when helping someone in a mental health crisis. I can use this in nursing as it is the standard approach to assessing someone and talking them through what they are going through. I also learned more about suicide and what to do if someone has suicidal ideation and the steps to take when helping the person. I can use this in nursing as many patients have tried to commit suicide and or have suicidal thoughts and thoughts of hurting themselves. Understanding how to approach the topic and asking questions regarding if they want to commit suicide and knowing what to do and the resources to use will be very helpful in my future nursing career.

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

I knew some of the techniques going in when doing this course as I have dealt with some mental health crises. I was very open and wanted to know more about resources and how to help someone who is struggling with mental health. I feel like my self-awareness changed after completing this course as I feel more confident and have more knowledge in what to do when helping someone with a mental illness.

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

I will use my knowledge from this course by knowing what to do when a patient is going through a mental health condition. I learned more on how to communicate with a patient, asking questions, and how to approach a patient who is struggling with a mental health condition. I also learned about resources in the community and resources online to give to a patient who is seeking help and guidance. By knowing this, I can effectively advocate for my patient and help get them the help that they need.

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

I think the class was very good and well worth the time that we were there. I learned so much about communication, resources, and knowing what to do if someone is struggling with a mental health condition. This class was very resourceful, and I now feel more confident in assessing and helping the person discuss what they're going through.