

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 first aid class relates to this course by giving us important tools when deal with people and patient having mental health issues such as a crisis. It gave us proper ways to assess patients, interview them and get them connected to the help they need. It also gave up tips with lines of communication that are affective when deal with patients in these circumstances.
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
 - Helpful things to say to patients to effectively show concern.
 - The action plan ALGEE.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
 - I thought this was a great class as I had not encountered many patients in practice outside of those just having depression which was fairly well managed. I will utilize the tools given to us at the course. I left feeling like I had an idea of the things I needed to say along with the ways to deal with patients during a crisis. I also know avenues to help patients get connected with help if there is a need.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
 - I feel like these still needs to be more resources for patients who have mental health conditions, I also understand not all of them “want” help, but I also feel like there are the issues of they do not know where to get help. I would love to see change in our healthcare system as well as the insurance authorizations for clients to get help from specialized part of the mental health care teams.
5. Reflect on the overall experience after attending the Mental Health First Aid Course.
 - I would rate this a 10/10 and I am going to sign up for the children’s mental health first aid course next month.

