

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?

This course and the Mental Health First Aid Courses are related because they both teach about various mental health illnesses. Individuals will learn how to assist someone with a mental health crisis or developing a mental health problem in this course and through mental health first aid. The training makes recognizing, comprehending, and responding to signs and symptoms of mental illness and addiction easier.

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

In the Mental Health First Aid course, I learned two new things: be direct and help someone if they're considering suicide and that anything can be a mental health crisis to that individual, regardless of what I would consider a crisis. In order to support someone who is having suicidal thoughts, I may use these abilities in nursing practice by directly asking them whether they are considering harming themselves. If they answer yes, I will know never to leave them alone and seek expert assistance.

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

My self-awareness about mental health after completing the Mental health First Aid Course changed significantly. Before this course, I would never have asked a person with suicidal ideation if they were thinking of killing themselves. I would know what steps to take when I ever had to help a person suffering from a mental health issue.

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

By disseminating useful information about mental health and correcting those who use stigmatizing language, I can advocate for clients with mental health disorders using the knowledge I received from this course. I will be able to develop a strategy to ensure that a person seeking care for a mental health condition, such as depression, is aware of their alternatives for managing the condition. Also, I can be a voice for individuals who suffer from mental health conditions.

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

Overall, I had an educational experience after taking the Mental Health First Aid course. I believe this training will help me in my everyday life and nursing career. I will renew my Mental Health First Aid certification every three years.

