

## 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 by reminding us how to handle patients when they are experiencing certain crisis. As nurses we will have to address mental health disorders at some point through out our career. Refreshing the knowledge, we have gained in Mental Health through this course was extremely helpful.
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 how to identify a drug overdose. I also learned how to administer Narcan. I may have to apply these skills if I come across an individual that has overdosed. I now know how to identify and properly treat an overdose if I need to.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?  
My self -awareness did change. I was able to identify areas that I need to brush up on. I also learned that my self- awareness wasn't horrible. One thing that stands out is the reminder that when we evaluate whether or not an individual is suicidal, I have to ask directly, "Do you want to kill yourself?"
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?  
I will use the knowledge gained in this course whenever working with patients. I know how to recognize signs of suicide and what to do if I encounter a suicide patient. I will be able to seek help for them when and if needed after the initial assessment.
5. Reflect on the overall experience after attending the Mental Health First Aid Course.  
Overall, I had a great experience. I enjoyed the instructors. This was a great refresher course.

