

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 teaches us about different forms and diagnosis of mental health. We are not certified to diagnose mental health disorders; however, we have the ability to help those in need and distress. This course was very informative and provided a lot of useful information not only in this course but in our upcoming career as nurses. It is important that we are all properly educated on different ways to therapeutically communication with patients in need.
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
 - a. New ways to conduct therapeutic communication
 - b. s/s of different mental health disorders.
Both of these new skills are very important, and I will be able to apply these skills in my future nursing practice. If we know how to conduct communication, as well as how to assess the patient for risks and different forms of mental illness is crucial in providing adequate assistance to patients.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
I felt as though I was very informed and educated on mental health disorders but after the mental health first aid course, I believe that I learned new skills and found the course extremely useful. I feel better educated on different mental illnesses and how to assist patients. I do feel now that I was not as aware as I had felt beforehand. I have personal experiences with individuals who experience mental health disorders and I feel better prepared to understand what they are truly going through when dealing with their mental disorders.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
I will be better educated to advocate for patients in the future by assisting patients in finding correct and adequate help for individuals suffering from mental health disorders. Sometimes patients do not understand when help is needed so being informed, I have the ability to assist them in seeking correct care in bettering their condition.
5. Reflect on the overall experience after attending the Mental Health First Aid Course.

Overall this experience was very informative. I enjoyed my time during the mental health first aid course. I enjoyed the interaction and the ability to truly attempt to understand the difficulties mental health patients face every day of their life. This course is helpful and I think it was a very useful experience.