

Mental Health First Aid Clinical Journal

1. How does the Mental Health First Aid Class relate to this course?

It relates to this course by talking about mental health. It discussed the signs and symptoms of mental health. It also related to this course by showing us that people show their mental health differently.

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 that it is okay to ask questions. I learned that everyone shows their emotions differently or not at all. I will apply this to my nursing skills to ask questions and to look for signs and symptoms.

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

Yes, my self-awareness changed. I was on the fence about being judgmental of people with mental health issues. This course has shown me that this is a real issue and should be treated as such.

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

I will advocate for the clients that feel like they are not being heard. I will try to understand better when they are explaining their emotions. If doctors are not listening, I will ensure I am their voice.

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

Overall, the instructors were professional and well-educated on mental health. The course was informative and well-organized. We did different activities that got us involved in the course. I would recommend this course to anybody.

