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 is an excellent addition to this course. It picks up different topics like suicide, depression, anxiety, and psychosis and explains in detail how to help people if they have any crises. Also, we exercised acting in some crisis-like situations. It was beneficial.

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

One new thing I learned is that all mental crises should be first assessed using ALGEE. Assess for risk. Listen, not judge. Give reassurance. Encourage professional help. Encourage self-help. The other thing I learned was how to talk to people in crisis. The voice has to be calm. Speak in short sentences, slowly and clearly. Do not express negative thinking. Encourage the person to talk to others and tell them what he needs.

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

Self-awareness for a nurse in mental health is crucial. A nurse should always think about her words, attitude, and communication with a patient. The nurse must have the situation in control and always calm the patient down. Also, a nurse could improve by asking other nurses for opinions or advice.

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

First of all, people need to be educated about mental diseases. Mental disease is not anybody's fault. It just happens like any other disease. Also, there is inappropriate use of names attached to the mental patients. That is very inappropriate. Mental disease is not a person. Person has a mental disease.

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

This course has been excellent. I have learned new things about mental health. The first aid for mental health does not have to be complicated. Just simple actions in recognizing the problem and directing people to ask for help can make an enormous difference.   Help people to find sources of support. Teach them some coping strategies. That can significantly help in challenging moments of confusion, depression, or anxiety.