

## 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? **There were many overlapping topics discussed in class and covered in the course. Schizophrenia is one that comes to mind.**
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 use naloxone. I learned what to do in a crisis.**
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?  
**I learned how auditory affect a person through an exercise we did. This definitely made me more self-aware of what it may be like for a person experiencing hallucinations while trying to converse.**
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?  
**I will use this knowledge to advocate for clients with mental health conditions by questioning why they may be seen as violent or dangerous. Is that based by evidence or is that a snap judgement.**
5. Reflect on the overall experience after attending the Mental Health First Aid Course.

**I enjoyed the experience of attending the mental health first aid course. I found it engaging and informative. The Instructors seemed knowledgeable and passionate about the topics we discussed.**

