

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?

Mental Health First Aid relates to this class because it helps the learner better understand what some clients may experience with their disorder. It also helps the learner gain knowledge on how to help clients that suffer from mental health. It creates understanding of a mental health disorder manifestations.

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 ask someone if they are planning or thinking of killing themselves. I also learned how auditory hallucinations may be for a client that experiences them. I was also taught that it can't hurt to ask someone if they are planning to hurt themselves, even if it's not the case, it's better to be safe than sorry.

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

Being someone who struggles with mental health, I already had some sort of awareness about my mental health. I know that I must be in a good place myself to really be able to help someone. I was able to learn more about my disorder and manifestations that may be present in myself.

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

I will always meet someone with an open mind regardless of the diagnosis. I will ensure that clients are provided with patience. I will actively listen to these clients about everything that have to share, because sometimes all they need is support.

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

I think that after attending this course it taught me that I don't have to understand everything that my clients go through as long as I can listen. Sometimes Trying to comprehend everything that someone is struggling with can be an unrealistic goal, but I see now that sometimes clients just need someone to be present for them, not give them solutions or answers.