

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?
 - a. This class explained the different mental health conditions that people may have such as depression, anxiety, schizophrenia, and suicide. It taught us some ways to address these problems and ways to help.
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. I learned about how to apply ALGEE to provide support to someone who is in distress. ALGEE stands for assessing their risk for suicide/harm, listening nonjudgmentally, giving reassurance and information, encouraging professional help, and encouraging self-help and other supports.
 - b. I also learned about the different ways to identify if someone may be having a panic attack and what to do in the situation.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
 - a. My self-awareness did change after this course. I was never closed-minded about mental health and the different conditions someone may have, but it did open my mind to all the signs and symptoms someone may be having. Also how, important it is to ask someone directly whether they are planning to kill themselves or not. The way you word a question can cause you to miss something.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
 - a. I will use what I learned in this course to bring more awareness to these mental health conditions. Also by making others more aware to the fact that these clients are to be treated the same as someone with a physical condition, having a mental condition does not make the client crazy or a psycho. I want to make people aware of their bias and change it.
5. Reflect on the overall experience after attending the Mental Health First Aid Course.

- a. I enjoyed the course very much. I think it was very informative to the different mental conditions. I learned a lot of new things and became even more aware that there is still so much I don't know about mental health. Also how it is important to have mental health help more accessible and welcoming to those who need it. I think the importance of mental health doesn't have as much recognition as it should, and I'm glad that this course is being done to teach those who are unaware and help them make a difference.