

## 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 course because the clients that we will be dealing with will most likely have some mental disorder. We may need to resort to the action plan associated with this course. For instance, listening non-judgmentally while speaking with the client will be beneficial. Also, encouraging the client to get self-help or other support strategies will help them feel better.

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 about the acronym "ALGEE", which I had never heard of before. I also learned that it is difficult to transfer a mental health medical license from certain states making it difficult to get adequate help. Also, it should not be assumed that a shooting tragedy is from a mental health crisis; sometimes it is just the individual is evil.

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

My self-awareness after this course remained the same. I have always been self-aware about mental health concerns. However, it was refreshing to see that we have two very knowledgeable and passionate instructors who want to educate us on mental health. They are doing great things!

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

I will use the knowledge gained in this course to understand that mental health is another condition of the body, such as diabetes. It is just in mind and not some other body location. I will also be more aware of the things not to say, such as "You'll get over it; just be happy."

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

My overall experience of this course is very positive. I would love to see even more awareness brought to the area of mental health. It is much needed! I highly recommend this course to anyone!