

## 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. The Mental Health First Aid Class relates to this course by providing a baseline for how to help those experiencing a mental health crisis. The class teaches us how to recognize when a crisis is happening and what to do to help the client experiencing it. This class also discusses the stigma and misconceptions about mental health and teaches us to confront our own biases about mental health disorders. While the information learned from the class is not a replacement for what we will learn this semester, it is a good foundation to build upon.
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. During this class, I learned what an auditory hallucination may sound like for someone who is experiencing one. This can help me have more empathy for a client that experiences auditory hallucinations as I now have a glimpse into what they may be going through. I also can now understand how difficult this condition may be for those that live with it.
  - b. I also learned how to ask someone if they have thought about committing suicide. This is a great skill to have but one that can be very difficult to use. I am more confident now in my ability to ask this hard question because of the class.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
  - a. I will admit that I did believe some common misconceptions and biases towards mental health disorders before this class. I often thought that if I were to ever encounter someone going through a mental health crisis I may just walk away because I did not understand what was happening. Now after taking the course, I understand that being a calming presence during these times can mean the difference between life and death.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
  - a. The knowledge I gained from this course will help me build the knowledge I already had about mental health. This knowledge will help me to stand up for those with mental health disorders and to have conversations with those that look down on those with mental health disorders. Using the knowledge from this class, I can help others

understand that supporting those with mental health may be hard, but it can also save a life. These individuals are people just like the rest of us.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.
  - a. I really enjoyed this course. I learned a lot and it eased my mind a little about the clinical experience moving forward. I now have a better understanding about how to help those in crisis and how to treat those with mental health disorders better than before. I would recommend this course to anyone that asked because of how much I learned.