

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?

The Mental Health First Aid Class is a very important introduction to this course. The course allows us to know how to effectively communicate with people suffering mental health issues and how to respond to them. The class also erases the stigma of mental health and being quite about it.

2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.

The first thing I learned from this class is that you need to be very careful and specific when asking patients questions. The second thing I learned was that you need to keep Narcan away from hot places. Overall this class was very informative.

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

I feel like my self-awareness did change a little bit after taking this class. I always assumed that people begin having depression or anxiety after a traumatic event or after something but that doesn't always have to be the case. For example in one of the videos we watched, the man in the video developed depression and anxiety seemingly out of nowhere.

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

It is easy to apply the knowledge gained from this class not only in the health care setting but in day-to-day life. It is important to know to ask your friends and family how they're doing and checking up on them often because you may never know what may be going on. In the healthcare setting it is important to be able to ask tough questions to your patients without any hesitation.

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

I overall enjoyed and learned a lot from the Mental Health First Aid course. It was very informative, and you can tell that the two instructors know a lot about what they are teaching. I would recommend the course to anyone interested in mental health and helping the people around them.