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.

Jessica Hines

1. How does the Mental Health First Aid Class relate to this course?
    a. Understanding mental health is important for the mental and behavioral health course. We went over many important and common mental health topics to be able to better help our patients. We were able to understand the signs and symptoms of anxiety, depression, psychosis, and many others.

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 during an activity how it can feel to experience auditory hallucinations. Knowing how someone can experience this can help me better understand how people feel and know what to do. I also learned how to use Narcan on a person I suspected was overdosing. This is important because I can help someone not fully overdose and die and get them to help.

3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
    a. It did change after the course. There were many disorders I wasn't aware of, along with their signs and symptoms. I wasn't aware of how it felt to hallucinate and how it could really scare someone.

4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
    a. I will use my knowledge to help others understand how someone with mental health conditions may feel and what they experience. It can be hard for people to understand the severity of symptoms if they've never tried to understand or haven't been educated on it.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.
    a. Overall, I think this course was very helpful. I learned a lot of new information. We went over some topics I already knew about, but we applied them to different situations and did interactive activities to help our understanding as well. It was a great course!