

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. We learned a lot of value information such as how to talk to someone in clinical, different types of mental illness, different resources to use, and so much more.
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. About auditory hallucinations- learning about those and having them demonstrated will help me try and understand a patient I encounter.
 - b. How to ask someone if they are thinking about killings themselves. I need to be very direct and straight to the point.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
 - a. Yes, I feel a lot more self aware.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
 - a. By treating them the same as everyone else. I didn't plan on treating them different but sometimes you start to by not even meaning to and now I feel very conscious that I am going to treat them the same.
5. Reflect on the overall experience after attending the Mental Health First Aid Course.
 - a. I thought it was a great course. Very informative, even though it was a little longer I still had no problem paying attention to the information because of how well they set up the course.

