

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. I feel like all of the information we learned related to the course in one way or another.
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. I also a feel a lot more educated which helps me feel confident in applying the information when in clinical or the classroom setting.
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.

