

## 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?**

For me, this course was a guide for how to act when all the different mental health issues we have been learning about become too much and overwhelm a person. Anyone who is experiencing a mental health crisis is worthy of help and respect, and this class taught me how to provide that efficiently.

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

This course taught us how to recognize the signs of a decline in mental health such as neglecting personal hygiene, difficulty concentrating, changes in appetite, loss of interest and many others. This course also taught us how to respond when we encounter someone experiencing a mental health crisis safely by remaining calm, taking their concerns seriously, and contacting the proper authorities and professionals.

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

I learned a lot of new things in this course and my self-awareness about mental health did change. I learned not to judge someone who is struggling and to try to be of help to them instead. I am glad that my self-awareness changed, because I think that it has made me a better person.

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

The information that I gained in this course will be used to inform others on how to help someone who is experiencing a mental health crisis. Instead of ignoring the victim or making fun of them, they should be respected and helped. I will gladly inform strangers I see responding inappropriately to a mental health crisis on how they can be of help instead of making the situation worse.

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

I enjoyed the mental health first aid class. I found both teachers to be well informed and very willing to teach. I would recommend this class to anyone who wants to learn more about how to be of help in a mental health crisis.