

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?
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
5. Reflect on the overall experience after attending the Mental Health First Aid Course.