

HEALTH & WELLBEING QUALIFICATIONS

VTCT (iTEC) Level 1 Award in Mental Health Awareness

An Essential Addition

Learners will develop an understanding of what constitutes good mental health and mental ill-health and how to recognise the signs and symptoms of a number of mental health conditions.



Application to the work environment

Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices within our daily lives and the workplace. Mental health can impact upon productivity, absenteeism and poor decision making in the workplace. Developing an awareness of mental health can facilitate appropriate support and appropriate signposting in a workplace environment.



Assessment Methods

A short exam with multiple-choice questions which is externally set and externally marked. Grading is set as Pass or Fail.



Why choose this qualification?

Mental health is important at every stage of life, from childhood and adolescence through adulthood. The VTCT (iTEC) Level 1 Award in Mental Health Awareness is a VRQ aimed at learners aged 14+ who are either in a full-time education programme, a part time programme at a college or with a private training provider and wish to develop an understanding of a range of issues which may affect people's mental health.



Funding

Funding is currently available through ESFA for 16-19 year-olds and Adult Skills Learners, European Social Fund and OLASS where they apply. Additionally, supported by Qualifications Wales for Teaching in Schools and funding in Wales.

