



# It's time to talk about Mental Health

The VTCT (ITEC) Level 1 and 2 Mental Health Awareness Qualification Suite is perfectly suited to those who want a deeper understanding of those around them as well as themselves.

## What the qualification suite covers:

- The meaning of mental health and wellbeing
- How to spot the signs and symptoms of mental ill-health
- Where to signpost friends, colleagues and clients
- Where to progress for further study

So you can help lift someone up when they are feeling low.

For more information visit:  
[vtct.org.uk/mental-health-awareness](http://vtct.org.uk/mental-health-awareness)



**ITEC**



**VTCT**

