

T Level Health and Science - Support of Mental Health Team Specialism

Course Overview

A strong step into supporting the mental health team, this specialised Health and Science T level arms you with all the specific skills and competencies healthcare employers need. Industry leaders developed the two-year course to prepare you for an active role in the health and science workplace. In a class of dedicated, enthusiastic students, you gain the skills and knowledge needed for a career as a mental health team assistant, higher level apprenticeship, or a degree. You're in the classroom for 80% of the T level, learning core scientific concepts and key regulations relevant to the whole health and science sector. And in the remaining 20% of the course, you step into a 45-day mental health team industry placement, so you can get to grips with your employer-set project. This way, you get a hands-on, real-life understanding of your future role as a mental healthcare assistant. This course requires you to have strong mental health and wellbeing to enable you to work with vulnerable individuals in this sector. If you are aged 16 to 18, you will be enrolled on a study programme. You will take part in activities that help you to develop your personal skills, such as building your character and confidence. This will help you to live well and move into your chosen career.

What you will learn

In year one, you leap into a world of essential health and science knowledge and skills. You discover all you need to know about person-centred care, mental health, well-being and how to manage personal information. Alongside your peers, you explore the science of diseases, disorders, human anatomy and physiology. Then you apply practical scientific concepts and key healthcare regulations, so you can balance information, health and safety and good scientific/clinical practice. While in the classroom, you master infection prevention and control in health-specific settings to improve your confidence in the real world. You gain a solid understanding of all the contexts, theories and principles essential to the health and science industry. With support from your tutors, at the end of year one, you feel confident in your knowledge of how the mental health team industry works. This year shines a spotlight on the roles and pathways, employers and businesses you could work for in the healthcare sector.

Enter year two and you dive deep into mental health nursing. You, your classmates and your tutors examine all the ways you can support mental health teams. You discover how you, as carers, can support individuals with mental health conditions and examine at even greater depths your chosen specialism, with a focus on:

1. Providing care and support to individuals with mental health conditions – looking at the roles and responsibilities of the mental health team and the variety of environments they work within and the range of individuals they may support including health and safety guidelines and communication techniques.
2. Assisting the mental health team with mental health tasks and therapeutic interventions and gaining an understanding of the main types of mental health conditions and treatment options.
3. Promoting mental well-being and looking at coping strategies and skills as well as looking at how carers and families can be supported to manage their conditions.

By getting into the team's roles and responsibilities, you build an understanding of the environments and range of individuals you're likely to work with. You also explore health and safety guidelines and the most effective communication techniques to support you in your mental healthcare assistant career.

As you learn more about often-seen mental health conditions and tried and tested treatment options, your confidence grows. The idea of assisting with mental health tasks and therapeutic interventions becomes truly manageable.

A vital part of year two is building a toolkit of ways to support carers and families facing mental health challenges. There are loads of coping strategies and skills you can share with clients that promote mental well-being.

During your second year, you will also work on an employer-set project in a real-life setting. This 45-day industry placement is your chance to put your knowledge into practice. It's also an amazing opportunity to experience first-hand what it's like to work in health and be part of the mental healthcare team.

If you need an extra hand with English, maths and digital skills relevant to the health and science route, we have tutors to support you to get that all-important level 2 in English and maths you need to complete the course.

Entry Requirements

T levels are for people who are 16-18 on 31 August on the date that they start the course. You need the following to be accepted on the Health and Science T level:

- 5 GCSEs including maths and English and double science at grade 4 or higher
- one reference (this is usually from your school)
- 90% attendance at school (or your last place of work/ study) – this is desirable.

Course Fees

There are no tuition fees to study a T Level if you start before you are 19 years old but there will be material costs that will need to be paid at the start of the course. You will need to have an Enhanced Disclosure and Barring Service (DBS) check to work with children and vulnerable adults, which is an additional cost of £44. This is a professional programme and all settings expect staff to wear a uniform. All T level health and science students will wear a uniform in both college and placement. This consists of the pathways medical tunic (available from the college at a cost of £17.99* each) black trousers (not leggings), and black shoes. Further details on uniform requirements are available from the workplace coordinator or programme lead. *prices correct December 2020 but may be subject to change.

Course Progression

Course Details

Course Code	P00154
Start Date	07/09/2026
Study Hours	Full Time
Duration	2 years
Campus	Abbey Park Campus
Level	3

[Apply Here](#)

A T level in healthcare and science puts you on a strong career path as a mental healthcare assistant or gives you the knowledge to move into a higher level apprenticeship or a degree.

Have a chat with our independent careers advisors to work out your next step. They have all the information, advice and guidance you need to kickstart your career.

What Happens Next

Apply online via the College website, or if your school uses the Positive Steps @16 (PS16) application system please apply through this and speak to your careers advisor if you are unsure. You will need details of your qualifications, a reference, and a personal statement to complete your application. Once your application has been successfully processed, you will be sent a conditional offer and be invited to an interview at the College to meet key staff, learn more about your chosen course of study and tour the facilities. You will then need to confirm your acceptance of the course offered to you.