

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

Course Overview

This specialised Health and Science T Level supports the mental health sector. It provides the skills and knowledge that healthcare employers seek. Industry leaders designed this two-year course to ready you for a career in health and science. You'll spend 80% of the T Level in the classroom, learning core scientific concepts and important regulations for the sector. Then, in the remaining 20%, you'll do a 45-day industry placement with a mental health team. This placement includes a project set by your employer, giving you hands-on experience in a mental health role. To succeed in this course, you need strong mental health and well-being. This is vital for working with vulnerable individuals. You'll take part in activities that develop your personal skills. These will build your character and confidence, preparing you for your chosen career.

What you will learn

In year one, you jump into essential health and science knowledge. You learn about person-centred care, mental health, well-being, and managing personal information. With your peers, you explore diseases, disorders, human anatomy, and physiology. Then you apply scientific concepts and healthcare regulations. This helps you balance information, health, safety, and good clinical practice. In the classroom, you master infection prevention and control. This builds your confidence for the real world. You gain a strong understanding of the theories and principles important in health and science. With your tutors' support, you finish year one feeling confident about the mental health industry. This year highlights roles, pathways, and potential employers in healthcare.

In year two, you dive into mental health nursing. You, your classmates, and tutors explore how to support mental health teams. You learn to help individuals with mental health conditions and focus on: Providing care and support: know the roles of the mental health team, where they work, and who they help. You also cover health and safety guidelines and effective communication techniques. Assisting the mental health team: Learn about mental health tasks and therapy methods. Learn about common mental health conditions and treatment options. Promoting mental well-being: Explore coping strategies and skills. Understand how to support carers and families in managing their conditions. Studying the team's roles helps you understand the environments and people you will meet. You'll learn health and safety guidelines. You'll also pick up communication techniques. These skills will support your career as a mental healthcare assistant. As you learn about common mental health conditions and effective treatments, your confidence will grow. Assisting with tasks and interventions becomes more manageable. A key part of year two is building a toolkit to support carers and families facing mental health challenges. You'll learn many coping strategies and skills to promote mental well-being. During this year, you will also work on an employer-set project in a real-life setting. This 45-day industry placement lets you apply your knowledge and experience what it's like to be part of a mental healthcare team. If you need help with English, math, or digital skills for the health and science route, our tutors are here to help you achieve the essential level 2 in English and math to finish the course.

Entry Requirements

Direct entry requires five GCSEs at grade 4 or higher, including maths, English, and double science. You need to be between 16 and 18 on 31 August of the year you start the course. Attending our mandatory Welcome Event is a required part of the application process.

Course Fees

You can study a T Level without tuition fees if you're under 19. To work with children and vulnerable adults, you must get an Enhanced Disclosure and Barring Service (DBS) check. This check costs £44. This programme is professional. All students must wear a uniform at college and during placements. The uniform includes a medical tunic from the college for £17.99*, black trousers (no leggings), and black shoes. If the colleges learner support fund covers your uniform cost, the college will pay for it. For more details on uniform requirements, contact the workplace coordinator or program lead. *Prices are correct as of December 2025 but may change.

Course Progression

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. You will need details of your qualifications to complete your application. Once your application has been successfully processed, you will be sent a conditional offer and be invited to an

Course Details

Course Code	P00154
Start Date	07/09/2027
Study Hours	Full Time
Duration	2 years
Campus	Abbey Park Campus
Level	3

Apply Here

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.