

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

Course Overview

The Pearson T Level in Health: Supporting the Mental Health Team is a two-year Level 3 qualification, equivalent to three A Levels, designed for students who are interested in supporting individuals with mental health conditions across a range of healthcare and community settings. The course combines classroom-based learning with a substantial industry placement, enabling students to develop both the theoretical knowledge and practical skills required for a career within mental health services. Students gain an understanding of mental health conditions, person-centred care, safeguarding, communication, equality and diversity, and the importance of promoting wellbeing and recovery. They learn how to work effectively as part of a multidisciplinary team, supporting individuals to achieve positive outcomes while demonstrating professionalism, compassion and respect. Through practical learning opportunities, including industry-standard simulation environments and workplace experience, students develop the confidence and competence needed to progress into healthcare employment, apprenticeships or higher education. The qualification provides an excellent foundation for careers in mental health support, nursing, social care and a wide range of health-related professions.

What you will learn

During Year 1, students develop a broad understanding of the healthcare sector and the knowledge that underpins professional practice within health and care services. They learn about health and safety, infection prevention and control, safeguarding, anatomy and physiology, person-centred care, equality, diversity and inclusion, and the ethical and legal responsibilities of healthcare professionals. Students also develop effective communication and teamwork skills, exploring how healthcare professionals work collaboratively to meet the needs of individuals receiving care. The programme introduces health promotion, wellbeing, digital technologies and the secure management of information within healthcare settings. Throughout the year, students begin to develop an understanding of mental health and wellbeing, recognising the importance of providing compassionate, respectful and person-centred support to individuals with a range of needs. Through classroom learning, industry placement opportunities and practical activities within industry-standard simulation environments, students build the knowledge, confidence and professional behaviours required to progress to the specialist mental health content studied in Year 2.

During Year 2, students develop the specialist knowledge, skills and behaviours required to support individuals experiencing a range of mental health conditions. They learn how to provide safe, compassionate and person-centred care while working effectively as part of a multidisciplinary team. Students explore how mental health conditions can affect individuals' wellbeing, daily lives and relationships, and develop an understanding of recovery-focused approaches to care. Students learn how to assist the mental health team with a range of mental health tasks and therapeutic interventions, promote positive mental wellbeing, and support individuals to access appropriate services and resources. They develop skills in communication, risk awareness, observation, reporting concerns and maintaining professional boundaries. Through industry placements and opportunities to practise within industry-standard simulation environments, students apply their learning in realistic scenarios and build the confidence, resilience and professional behaviours needed for employment or further study. This specialist pathway provides an excellent foundation for progression into mental health support roles, healthcare apprenticeships, nursing programmes and other health and social care professions.

Entry Requirements

5 GCSE's at grade 4 and above including English Language, maths and combined Science. You must also have a DBS.

Course Fees

There are no tuition fees for T Levels if you start before you turn 19. To work with children and vulnerable adults, you need an Enhanced Disclosure and Barring Service (DBS) check. This costs £44. This is a professional program. All students must wear a uniform in college and during placements. The uniform includes a pathways medical tunic (available from the college for £17.99*), black trousers (not leggings), and black shoes. If you receive the college's learner support fund, the college will cover the cost of your uniform. For more details about uniform requirements, contact the workplace coordinator or program lead. *Prices are correct as of December 2025 but may change.

Course Progression

Successful completion provides students with a range of opportunities for further study and employment within the health and social care sector. The qualification is designed to develop the knowledge, skills and behaviours required to progress into healthcare support roles and provides a strong foundation for a variety of career pathways. Students may progress directly into employment as a Healthcare Support Worker, Mental Health Support Worker, Support Worker, or other entry-level roles within NHS, private healthcare and community care settings. The qualification is also aligned to healthcare support occupations and can support progression into related apprenticeships or those wishing to continue their education, progression routes include Higher Technical Qualifications (HTQs), Level 4 and 5 programmes, Nursing Associate pathways, and a range of healthcare apprenticeships. Students may also progress to university to study degrees such as Mental Health Nursing, Adult Nursing, Learning Disability Nursing, Social Work, Psychology, Occupational Therapy, or other health and social care-related subjects. The combination of academic study, industry placement

Course Details

Course Code	P01144
Start Date	08/09/2026
Study Hours	Part Time
Duration	2 years
Campus	Abbey Park Campus
Level	3

Apply Here

experience and practical learning within industry-standard simulation environments helps students develop the confidence, professionalism and employability skills needed to succeed in higher education and the workplace. This qualification provides an excellent route into careers that support and improve the mental health and wellbeing of individuals and communities.

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 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.