



A Level Mental Health

What will I study?

This qualification explores the key concepts and issues surrounding mental health. You'll study the factors that influence mental wellbeing, the impact of mental health conditions, and approaches to support and treatment. The course covers topics such as stress, anxiety, depression, and the role of mental health services. You'll develop an understanding of how mental health affects individuals, families and communities, and gain insight into the importance of early intervention and holistic care.

How will I be assessed?

Assessment is through a combination of internally marked coursework and externally assessed units. You'll complete assignments that demonstrate your understanding of mental health concepts, case studies, and practical applications. The awarding body for this qualification is AAQ.

What are the entry requirements?

You must have five GCSEs at grade 5 or above (including English Language at grade 5 and Maths at grade 4) to meet the general Sixth Form entry requirements at MK College, and specific entry requirements for this course may also include GCSE English Language at grade 4 or above and a genuine interest in health and social care or psychology.

Where will this course lead?

This qualification provides a strong foundation for careers in mental health support, counselling, nursing, social work and other health and care professions. It's also a valuable stepping stone to further study in psychology, health sciences and social care at university or through apprenticeships.

What combines well with this subject?

Mental Health combines well with subjects such as Health and Social Care, Psychology, Sociology, Biology and Public Services. These combinations provide a broader understanding of human behaviour, health systems and social issues.