



MENTAL HEALTH CAREERS

Published August 2019

Disclaimer:

The information in this document is designed to provide helpful information for people interested in this career sector. The details inside are only examples of possible roles and may vary within different practices.

Links listed are from 2019 and may change.

Created by West Yorkshire and Harrogate Excellence Centre in Partnership with West Yorkshire and Harrogate Health and Care Partnership.



Directions

This map shows you different careers within Mental Health.

Click on each destination to find out which skills, training and qualifications are required to progress through each role.



**Support
Worker**



**Physiotherapy
Assistant**



**Occupational
Therapy
Assistant**

**Psychological
Wellbeing
Practitioner**



**Mental Health
Nurse**



Typical qualifications

- NVQ 2 in Health and Social care, Level 2 Diploma in Healthcare Support, or equivalent health care related qualification and experience is desirable.
- Mental Health related training is desirable.
- You will be asked to demonstrate numeracy and literacy to level 1, such as, basic skills Maths and English Level 1 (GCSE A-G) or a designated literacy and numeracy assessment.
- Care Certificate
- Enhanced DBS check

Example Salary

Salary - £17,652 - £19,020 approx. depending on employer

Example program

- Usually 1 week Induction including the Care Certificate
- Flexible working shifts or set night and day shifts, 37.5hrs per week over 7 days
- 27 days paid annual leave, plus bank holidays (depending on employer)
- Supported on-going learning

Tasks and responsibilities

A Mental Health Support Worker is responsible for providing support and care of patients with mental and physical health needs. They also provide support to the patient's carers within a multidisciplinary setting.

A registered Mental Health Nurse will assign tasks and supervise as they are completed by the support worker. Some of these jobs include assessing, planning, implementing and evaluating the current nursing strategy for the specific patient.

Due to the sensitivities of the job role, Mental Health Support Workers are trained to handle issues of diversity, rights and equality in line with good practice and in accordance to legislation.

Mental Health Support Workers must promote positivity and be responsive to any issues or concerns raised, resolving them in the best way possible. It is also a Mental Health Support Worker's responsibility to provide patients with some aspects of personal care, and demonstrate empathy, dignity, respect and compassion at all times.

[Click here for Higher Education Institutes links](#)

Available Apprenticeships

Healthcare Support Worker- Level 2

Entry requirements:
There are no entry requirements to the apprenticeship but employers may run their own selection process.

Duration:
12 to 18 months.

Qualifications:
Apprentices without Level 1 English and Maths will need to achieve this level and take the test for Level 2 English and Maths prior to completion of their Apprenticeship.

Certificate of completion of apprenticeship.

Useful links

- <https://www.instituteforapprenticeships.org/apprenticeship-standards/healthcare-support-worker>
- <https://www.healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/clinical-support-staff>

Higher Education Institutes for Support Worker



Harrogate

- [Harrogate College: Health and Social Care level 2 Diploma. 1 year. Full time.](#)

Leeds

- [Leeds City College: Health and Social Care Traineeship. 6 Weeks to 6 Months. Full time/ Part time.](#)
- [Leeds City College: Health and Social Care level 2 diploma. 1 year. Full time/Part time.](#)
- [Keighley College: Clinical Healthcare Support Intermediate Apprenticeship \(Level 2\). 12 - 15 months. Full time employment with day release.](#)

Bradford, Airedale & Craven

- [Craven College: Health & Social Care Level 2 Diploma. 1 Year.](#)
- [Bradford College: Healthcare Support Worker Levels 2 and 3 Apprenticeship. 1-2 years. Full time.](#)
- [ShIPLEY College: NCFE CACHE Level 2 Extended Diploma in Health and Social Care. 1 year. Full Time.](#)
- [ShIPLEY College: Care Level 2 Diploma. 39 Weeks. Part Time.](#)

Calderdale

- [Calderdale College: Awareness of Mental Health Problems \(Level 2 certificate\). 6 months. Full time.](#)
- [Calderdale College: Safe Handling of Medication \(Level 2 certificate\). 18 Weeks. Full time.](#)
- [Calderdale College: Dementia Awareness \(Level 2 certificate\). 6 months. Full time.](#)
- [Calderdale College: Understanding Working in the Health Sector \(Level 2 certificate\). 6 months. Full time.](#)

Wakefield

- [Wakefield College: Health and Social Care \(Level 1,2 & 3\). 1-2 years. Full time.](#)
- [Wakefield College: Apprenticeship - Healthcare Science Assistant \(Level 2\). 18-24 months.](#)
- [Wakefield College: Apprenticeship Healthcare Support Worker \(Level 2\). 16-18 months \(could be longer\).](#)

Kirklees

- [Kirklees College: Health and Social Care BTEC Extended Certificate \(Level 2 certificate\). 1 year. Full time.](#)
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Tasks and responsibilities

Physiotherapy assistants help patients to follow exercise and treatment programmes set out by registered physiotherapists. Working under the direction of a physiotherapist, a physiotherapy assistant's work could involve:

- » setting up equipment
- » showing patients how to use mobility aids
- » helping patients prepare for treatment (including helping with dressing and undressing)
- » working on exercises with patients
- » writing reports and updating patients' records

Some physiotherapy assistants work in the local community. They could be based in health centres. Some treat patients in their own homes, nursing homes, day centres or schools. Others work in private clinics and voluntary organisations or charities.

As well as working with physiotherapists, physiotherapy assistants work with other healthcare professionals including occupational therapists and nurses.

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- <https://www.healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/clinical-support-staff/physiotherapy-assistant-support-workers>

Click here for Higher Education
Institutes links

Higher Education Institutes for Physiotherapist Assistant



Harrogate

- [Harrogate College: Health and Social Care level 2 Diploma. 1 year. Full time.](#)

Leeds

- [Leeds City College: Health and Social Care Traineeship. 6 Weeks to 6 Months. Full time/ Part time.](#)
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Psychological Wellbeing
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Mental Health
Nursing

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Tasks and responsibilities

Occupational therapy (OT) Assistants work under the supervision of registered Occupational Therapists. As part of the OT team, OT support workers offer practical support to help people overcome problems in carrying out day-to-day activities (occupations) of their lives. This includes daily care (washing, dressing, eating), work or education and leisure. The OT team help people find ways to continue with activities which are important to them. This might involve learning new ways to do things. Or it might mean changes to the environment to make things easier.

OT Assistants working in the mental health sector support people suffering from mental illness get back into everyday activities such as work or volunteering.

OT Assistants can be based in hospitals, clinics and GP practices. They may also visit patients in their homes or in residential or care homes.

[Click here for Higher Education Institutes links](#)

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Higher Education Institutes for Occupational Therapy Assistant



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Typical qualifications

- Relevant degree or equivalent related training.
- Completed an IAPT (Improving Access to Psychological Therapies) or Psychological Wellbeing Practitioner training course accredited by the British Psychological Society (BPS) on behalf of the IAPT programme. In order to get a place for a training course, you'll need to be employed as a trainee PWP by a local IAPT service.
- Experience of working with people with mental health problems is desirable.
- Excellent interpersonal skills are essential.

Example Salary

Salary - £24,214 - £30,112 approx. depending on employer

Example program

- One year training consisting 45 days of academic work (one day per week at university) and 4 days a week in supervised practice within your workplace.
- On completion, you'll be awarded either a postgraduate certificate (if you already have a degree) or a graduate-level qualification.

Tasks and responsibilities

As a Psychological Wellbeing Practitioner, you'll need to:

- Undertake patient-centred interviews to identify areas where they wish to see change
- Make accurate assessments of the risk patients poses to themselves and others
- Make decisions on the suitability of new referrals, referring clients to alternative services or 'stepping up' their treatment to high-intensity psychological therapy if necessary
- Devise a shared treatment plan with your patient that's delivered via a range of methods such as face-to-face, online or over the telephone
- Provide low-intensity interventions, such as psycho-educational interventions, guided self-help and computerised CBT
- Attend multidisciplinary meetings about referrals or clients in treatment
- Develop strong professional relationships with primary and secondary care staff, such as general practice staff and mental health workers
- Provide and receive information related to mental health and CBT to individuals or groups of clients, relatives, carers, members of the public and professionals

[Click here for Higher Education Institutes links](#)

Available Apprenticeships

Psychological Wellbeing Practitioner Level 6

Entry requirements:
GCSE grade C or above in Maths and English or Functional Skills Level 2 in Maths and English.

Duration:
12 months

Qualification:
Certificate in Psychological Wellbeing Practice (PWP)

Useful links

- <https://www.instituteforapprenticeships.org/apprenticeship-standards/psychological-well-being-practitioner>
- <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychological-wellbeing-practitioner>
- <https://www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner>

Higher Education Institutes for Psychological Wellbeing Practitioner



No available institutes offering this course in the region as of yet.

To Become a Psychological Wellbeing Practitioner you must complete an IAPT (Improving Access to Psychological Therapies) or Psychological Wellbeing Practitioner training course accredited by the British Psychological Society (BPS) on behalf of the IAPT programme. In order to get a place for a training course, you will need to be employed as a trainee PWP by a local IAPT service.

Applications for trainee PWP posts need to be made to an organisation providing an [Improving Access to Psychological Therapy \(IAPT\) service](#). These can be within an NHS organisation or within a third sector organisation.

Selection for training places is carried out jointly between service and academic course providers. If successful, both a job and a training place are offered.

Trainee and apprenticeship vacancies can be found on the [NHS Jobs website](#), IAPT course provider websites or may be advertised locally within newspapers or local job sites. Vacancies may also be advertised on charity websites - such as [Mind](#), [Rethink](#) and [Turning Point](#).

Closest HEI from West Yorkshire and Harrogate offering IAPT course:

- [University of Sheffield: Postgraduate Certificate in Low Intensity Psychological Interventions \(PWP\) - Psychological Wellbeing Practitioners training](#)

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Typical qualifications

- A-level: BBC preferably including a science subject
- GCSE: 5 A*-C, including Maths and English and 2 science subjects.
- BSc Hons Nursing

Example Salary

Salary - £24,214— £30,112 or similar

Example education program

- 3 year programme
- Tuition fees (approx £27,000) paid through student loan (£5-8 per week) once qualified. (£5,000 approx pay rise).
- Student loans for living etc.

Example work program

- Flexible working shifts, 37.5hrs per week over 7 days (depending on employer)
- 27 days paid annual leave, plus bank holidays (depending on employer)

Tasks and responsibilities

Registered Nurses work in the public, independent and voluntary sector. Registered Nurses are a statutorily regulated profession and the standards for proficiency are set by the Nursing and Midwifery Council (NMC). They provide nursing care for people across the whole lifespan who could have complex and concurrent mental, physical, cognitive and behavioural care needs and for people at the end of their life.

Mental health nursing is a demanding but rewarding career choice. A Mental Health Nurse's role would be promoting and supporting a person's recovery and enabling them to have more involvement and control over their condition. Their role is to build effective relationships with people who use your services, and also with their relatives and carers. They might help one person to take their medication correctly while advising another about relevant therapies or social activities.

Available Apprenticeships

Registered Nurse - degree (NMC 2010- Level 6)

Entry Requirements:

Numeracy and literacy skills assessed by the NMC Approved Education Institution to at a minimum of Level.

Duration:
48 months

Qualification:
Level 6 Nursing Degree.

Eligible to apply for registration with Nursing and Midwifery Council

Useful links

- <https://www.instituteforapprenticeships.org/apprenticeship-standards/registered-nurse-degree-nmc-2018>
- <https://www.healthcareers.nhs.uk/explore-roles/nursing/roles-nursing/mental-health-nurse>

Click here for Higher Education
Institutes links

Higher Education Institutes for Mental Health Nurse



Harrogate

- [Leeds Beckett University: Undergraduate Course BSc \(Hons\) Adult Nursing \(Harrogate & District NHS Foundation Trust\). 3 years. Full time.](#)
- [University of Bradford: Undergraduate Course BSc \(Hons\) Adult Nursing \(Harrogate & District NHS Foundation Trust\). 3 years. Full time.](#)

Leeds

- [Leeds Beckett University: BSc \(Hons\) Mental Health Nursing Degree Apprenticeship. Up to 4 years depending on prior learning.](#)
- [University of Leeds: Undergraduate Course BSc \(Hons\) Mental Health Nursing. 3 years. Full time.](#)

Bradford, Airedale & Craven

- [University of Bradford: Undergraduate Course BSc \(Hons\) Mental Health Nursing. 3 years. Full time.](#)

Calderdale/Kirklees

- [University of Huddersfield: Undergraduate Course BSc \(Hons\) Mental Health Nursing. 3 years. Full time.](#)

Wakefield

- [University of Bradford: Undergraduate Course BSc \(Hons\) Adult Nursing \(Mid Yorkshire Hospitals NHS Trust\). 3 years. Full time.](#)

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