

# The Roots – Information for Schools

**THE ROOTS**  
Empowering young minds

**GROUNDWORK**  
CHANGING PLACES  
CHANGING LIVES

# Who are The Roots?

- Mental health and wellbeing service
- Children, young people and families
- Waltham Forest
- Team of therapists
- 2024- Present
- Part of Groundwork London

## THE ROOTS Empowering young minds

A **free to access** mental health and wellbeing service in Waltham Forest for young people (ages 5-17) and families.



### What we offer:

1:1 therapy for young people  
Family Therapy  
Parent-Led support  
Parent groups  
Workshops

**Flexible community locations** - We are in Family Hubs across Waltham Forest and offer online sessions



### Get in touch!

 [therootslondon.co.uk](https://therootslondon.co.uk)

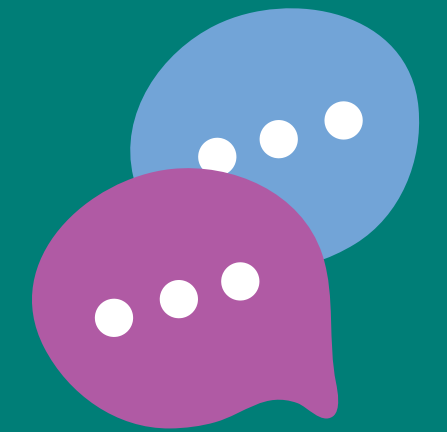
 0203 987 9502

 [roots@groundwork.org.uk](mailto:roots@groundwork.org.uk)



# Our Services

- 1:1 therapy for CYP (11-17 year olds)
- Systemic Family Therapy
- Parent-Led work
- Parent groups
- 1:1 CBT (Online only)
- Single session workshops for parents



The Roots works in community locations and also online. We currently operate in:

Queen's Road Family Hub

Leytonstone Junction

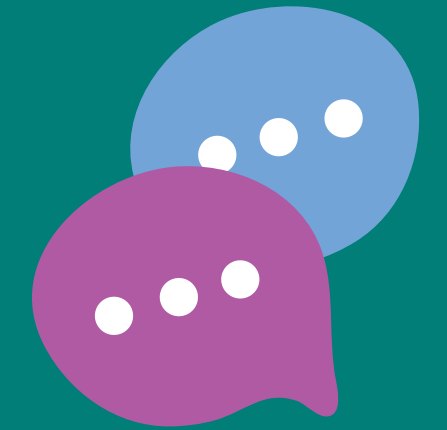
Walthamstow Family Hub

We offer evening appointments in all of these locations.

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# Referral Criteria



- Must have a Waltham Forest postcode for home address, school or GP
- Ages: YP for 1:1 aged 11-17, 5-11 for parent-led support
- No requirement for crisis support
- Is not currently accessing therapy elsewhere and has not completed therapy within the 3 months prior to referral
- Referral must be discussed with YP/family and consented to prior to submission

We assess each referral and will not accept if we feel that we are an unsuitable service e.g. if the YP needs a specialised service we cannot provide. If we are unable to accept a referral, we will let you know why. If we require more information to make an informed decision, we will contact you as the referrer to gather this.

# How to Refer

Via the referral form on our website [therootslondon.co.uk](https://www.therootslondon.co.uk)

We accept self-referrals as well as professional referrals

Our workshops don't require a referral and can be found on Eventbrite:

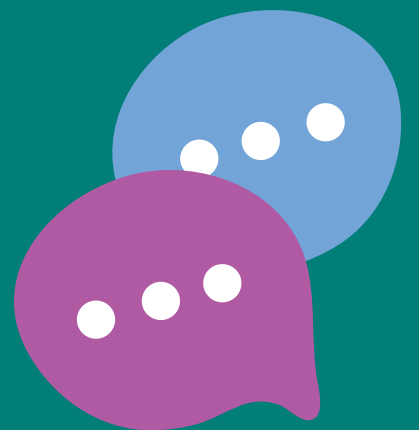
<https://www.eventbrite.com/o/the-roots-groundwork-88685512203>

Currently available workshops for parents:

EBSA

Pathological Demand Avoidance (PDA)

Sensory Processing and Wellbeing



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# How can The Roots and schools work together?

Staff workshops and training sessions

Mental Health and Wellbeing workshops for students

Refer young people or families for support outside of school

Display The Roots posters/flyers at schools



# Staff workshops and training sessions

Can include:

- EBSA
- Trauma-Informed Practice
- Mental Health 101 (Introduction to Anxiety, Low Mood and Self Harm)
- Neurodiversity
- Talking to Students about Self Harm and Suicide including Safety Planning



# Student workshops

Can include:

- Wellbeing
- Anti-Bullying
- Exam Stress
- Social Media and Online Safety
- Body Image and Self Esteem

We are always happy to discuss what your school needs



To discuss how we can support your school,  
or any queries regarding referrals:

[natalie.stevens@groundwork.org.uk](mailto:natalie.stevens@groundwork.org.uk)  
[roots@groundwork.org.uk](mailto:roots@groundwork.org.uk)



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