

THE ROOTS

Empowering young minds

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



Professional, evidence based mental health support, including CBT Groups for Young People & Parent/Carers, family therapeutic support, and community based workshops.

- Gain skills and knowledge
- Meet others with shared experiences
- Improve confidence
- Achieve positive changes



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OUR SERVICES

CBT Groups

CBT stands for Cognitive Behavioural Therapy, a type of therapy that helps you understand how thoughts, feelings and actions are connected.

- Young people (ages 11-14 and 15-17)
- Parents (of children aged 5-11)

Identify and change unhelpful thought patterns, to gain practical tools to cope with life's challenges. CBT is particularly useful for young people experiencing anxiety (worries) or low mood.

One off workshops

Parents can attend our one off community workshops across community venues. These workshops include support for school avoidance.

Family support

Family therapy support can help build positive communication and find strategies to improve family relationships over 8 sessions with parents and children together.

How can you get involved?

Follow the links below to make a referral to our service, you can self refer to us or be assisted by a professional. For our workshop groups, please sign up via our eventbrite links on our website.

Get in touch!

-  therootslondon.co.uk
-  [0203 987 9502](tel:02039879502)
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