



Young People - Mental Health & Wellbeing Policy 2025-2026

Introduction:

At Future Roots, we are committed to supporting the positive mental health and wellbeing of all the young people who attend our programmes.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and their contribution is valued. We always endeavour to ensure that young people are able to manage times of change and stress and aim to ensure that they are supported to reach their potential or to access help when they need it.

Our Role:

Future Roots maintains an open, non-judgmental and respectful environment where difference, diversity are respected each individual is valued in their own right.

Future Roots has the view that positive mental health is everybody's business and that we all have a role to play. Therefore, we work in partnership with referral agencies and use their information alongside our initial visit assessment to identify where mental health and emotional wellbeing may be a feature in a young person's presentation. At Future Roots we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. The team at Future Roots are available to support young people when these challenges arise and help them to build their resilience.

Signs and Symptoms:

Staff may become aware of warning signs which indicate a young person is experiencing or has emerging mental health or emotional wellbeing issues.

These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns to the designated safeguarding lead.

Warning signs can include:

- Changes in eating/sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking about self-harm or suicide ideation
- Expressing feelings of failure, uselessness or loss of hope
- Evidence of or disclosure of self-harm
- Repeated physical pain or nausea with no evident cause
- A decrease in attendance and motivation

Assessment, interventions and support:

All concerns are reported to the Designated Safeguarding Lead school and needs are assessed by discussion with the Learning Mentors who work with the identified young person. Where there is sufficient concern and in order to ensure the child gets the support they need, this will be reported to the referring agency as soon as possible.



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Training and Development:

All staff will receive regular training about recognising and responding to mental health issues as part of their regular personal and professional development. Where more specialised training is undertaken, this will be cascaded throughout the team via team meetings or training and development sessions.

Regular discussions about individual young people will occur at daily briefings and at Team Meetings.

All staff will receive supervision that includes discussion about young people's emotion health and wellbeing

Links to other policies This policy links to our Safeguarding Policy, Respect & Anti Bullying Policy, Staff Wellbeing Policy and our Behaviour Policy.