

Young Carers



Many young people provide care for another person. As a young carer you may feel you are missing out on other opportunities as you spend so much time and energy caring for family members who are disabled, chronically ill, or for adults who are misusing alcohol or drugs.

Some young carers suffer from anxiety and exhaustion because of the pressures of taking on adult responsibilities. But remember you are not alone – there are about 700,000 young carers across the country.

As a young carer you might help with:

- practical tasks like cooking, housework and shopping
- physical tasks, like getting out of bed and personal care, such as helping someone get washed or dressed
- giving medicine
- looking after brothers and sisters

Sometimes young carers can face extra pressures and struggle to look after themselves, because of the responsibility of being a carer, but it is important to take the time to look after your own well-being.

Below are some tools and organisations for further information and support to help you care for yourself.

This booklet will help you think about and develop some useful ways of coping. It can remind you where to go when things aren't going so well and realise it is okay to ask for help or support for yourself. It helps you to explore your caring role and what you feel is good and not so good about it.

<https://www.childrensociety.org.uk/sites/default/files/wellness-plan.pdf>

This resource helps you make sure that you get the practical and emotional support you need. It supports you to think about who else can help you deal with the challenges you face – the answer to this will be different for everyone.

https://www.rethink.org/media/1535514/young_and_caring_accessing_support.pdf

This guide is to help make sense of caring for someone with a mental illness. Do you care for someone who has a mental illness? Is it all quite new to you? This leaflet is to help you make sense of things and to get the help you need. The Children's Society have also asked other young carers about their own experiences, what helped them and, perhaps, you.

https://www.rethink.org/media/1535519/young_and_caring_for_someone_with_a_mental_illness.pdf