

Young carers

It's not always easy

If you look after a parent, relative, brother or sister who is ill, has a long-term illness, has a physical or mental disability, is addicted to drugs or alcohol, then you could be a young carer.

Sometimes it might be too much to cope with and you may feel alone, angry or worried. It's good to talk about how you feel and ask for help if you need it.

Caring for someone can make you feel tired so try to look after yourself too. It's okay to have some time doing things you enjoy, like relaxing with friends or listening to music. The person you are caring for wants you to enjoy life too.

It can be hard to think about your future, whether you plan to get a job or apprenticeship, go to college or university. But you have to live your life too. That doesn't mean that you love your family any less. There are many support groups locally to help you.

Being a carer

- Being a carer means looking after someone who could not cope without your support, you could be offering support for just a couple of hours a week.
- If you're finding things hard, is there anyone else who can share the caring?
- Not talking about how you feel means you might miss out on getting the support you need.
- Unfortunately some young carers are bullied at school or fall behind in lessons. Talk to your parents, teacher or an adult you trust.
- If you're planning to work in the future, some companies have Carers Policies to make it as easy as possible for you.
- The government has started New Deal for Carers to try to take some pressure off young carers.

St Helens Young Carers Centre

St Helens Young Carers Centre supports children and young people from 6-18 years old who are affected by the illness or disability of a family member and provide care (physical and/or emotional) to that family member.

The person they care for may have a physical disability, chronic illness, mental health issues, drug or alcohol dependency or HIV/Aids. Caring can be isolating and demanding for children and young people and we aim to ensure that they are supported and that they have occasional breaks from their caring role.

Who can help?

- School Nurse
- Teacher
- Friend/Relative
- Parent/carer

Contact

- St Helens Young Carers Centre 01744 677279
- ChildLine 0800 1111 www.childline.org.uk
- www.childrenssociety.org.uk 0845 300 1128
- www.direct.gov.uk