so could this be you?

Where to get help and support

Surrey Young Carers works with young people aged 5-18 who care for someone else and their families: providing support and creating opportunities for them to socialise with others in similar postitions to themselves.

Email: info@actionforcarers.org.uk Website: surrey-youngcarers.org.uk Telephone: 01483 568269



SYC also has a 🌙 service for vouna adult carers (YACs) aged 18-24

School



Childline

Telephone: 0800 1111

Website: childline.org.uk



Telephone: 0300 200 1004

Email: surrey.fis@surreycc.gov.uk

Your local Youth Club

Our Top Tips

Coping mechanisms that work for other young carers

KGo horse riding or walking.

Play music.

Keep a diary.

Play the Xbox.

Experiment with make up.

Go for a bike ride.

K Doodle and draw.

🔭 Talk to others/friends at school.

Read a book.

Make or watch YouTube videos.



Action for Carers (Surrey) Reg.Office: Astolat, Coniers Way, Burpham, Guildford, GU4 7HL Co. Ltd by Guarantee, Co. No.:5939327, Reg. in England & Wales with charitable status. Registered Charity No. 1116714



Is this you?

A leaflet for young people caring for others





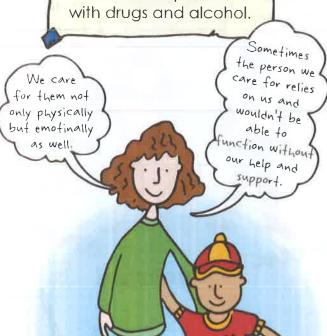




What is a young carer?

A definition of a Young Carer:

We're under 18 and provide unpaid help and support for someone with a long term physical disability, mental health condition or problems with drugs and alcohol.



So what could you be doing as a young carer?

Providing emotional support for someone in your family. This could be your mum if she is depressed or helping to calm down your brother/sister

when they are angry. Listening to their worries, reassuring them and keeping them company.



If your parent has a mental health problem you may have to cope with them being anxious and worried or cope with mood swings and unusual behaviour.

Having extra responsibilities at home that your non caring friends don't. This could be, collecting the washing, mopping

washing, mopping the floor, making breakfast, hoovering and watching over your family.



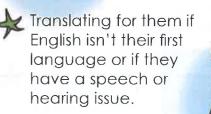


Helping to fill out forms/
managing
bills and
budgets.

Taking them to the doctors and/or hospital appointments for their check ups.



Helping them to get ready, making sure they are alright and telling them that everything is going to be ok.





And all of this whilst trying to get yourself ready for school/ college, do your homework AND see your friends.