



**CARERS
TRUST**



**The
Children's
Society**

Lots of pupils look after someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

They may help by:

- Shopping, cooking, cleaning
- Managing medicines or money
- Providing personal care
- Helping get people out the house
- Keeping an eye on someone
- Providing emotional support

You might be a young carer or young adult carer and there's support available for you.

Whether you are looking for advice, support, or just someone to talk to, get in touch with the Young Carers School Operational Lead:



“We spend most of our time at home or school, so it's vital that schools recognise and understand our needs, wants and aspirations”

A pupil who looks after someone at home

“Having time with other Young Carers is good because they know how I feel.”

A pupil who looks after someone at home