



Think about ...

# Being A

# Young Carer



I felt good that I could talk to others about my sick mum



**DON'T WORRY**  
others will help you

**I NEED MY PERSONAL SPACE**



*Joining a sports club with other young people gave my confidence a boost*

You might be looking after a parent, brothers or sisters, your grandmother or grandfather or other family members because they are ill, or have other conditions which means they need care, support or supervision in their daily lives.

This might mean you have to undertake tasks like shopping or cooking or other caring responsibilities which can take up a lot of your time.

**If you have caring responsibilities it is important that you let your school know about your circumstances**

While it's good to help out at home it is important that you get support particularly if you are feeling lonely, you are finding your caring

responsibilities difficult, you are unable to go out with your friends, you are missing school or you are worried about your caring role.

Speak to your class or form teacher, doctor or school counsellor and let them know what is happening. **Check out these organisations for advice.**

### Helplines/ Useful numbers:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Action for Children 028 9046 0500

Barnardos 028 9067 2366

### Useful Websites:

[www.youngcarersni.com](http://www.youngcarersni.com) - information about NI Regional Young Carer's Service

[www.barnardos.org.uk/what\\_we\\_do/our\\_projects/young\\_carers.htm](http://www.barnardos.org.uk/what_we_do/our_projects/young_carers.htm) - information about Barnardo's Young Carer's Project

[www.nhs.uk/CarersDirect/young/Pages/Youngcarershome.aspx](http://www.nhs.uk/CarersDirect/young/Pages/Youngcarershome.aspx) - gives advice if you are a young carer

[www.youngcarers.net](http://www.youngcarers.net) - information on being a young carer and links with other young carers

[www.actionforchildren.org.uk/our-services/young-people/supporting-young-carers](http://www.actionforchildren.org.uk/our-services/young-people/supporting-young-carers) - information on Action for Children's Young Carer's Service