

# 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 positions to themselves.



**Email:** info@actionforcarers.org.uk  
**Website:** surrey-youngcarers.org.uk  
**Telephone:** 01 483 568269



★ **SYC** also has a service for young adult carers (YACs) aged 18-24

- ★ **School**
- ★ **GP**
- ★ **Childline**  
Telephone: 0800 1111  
Website: childline.org.uk
- ★ **Surrey Family Information Service**  
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

- ★ Go horse riding or walking.
- ★ Play music.
- ★ Keep a diary.
- ★ Play the Xbox.
- ★ Experiment with make up.
- ★ Go for a bike ride.
- ★ Doodle and draw.
- ★ Talk to others/friends at school.
- ★ Read a book.
- ★ Make or watch YouTube videos.



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 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 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.

★ Translating for them if English isn't their first language or if they have a speech or hearing issue.



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