

DESIGNED
BY YOUNG
CARERS

WE CARE YOU CARE.



Are you a young person that helps someone in your family home? Someone with a mental health issue, illness, addiction or disability...

[Read more](#)



2024 EDITION | 2024 EDITION | 2024 EDITION

for 11-16 year olds
**CARRERS
GUIDE**

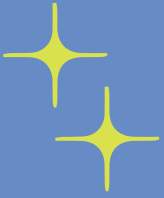
I AM A YOUNG CARER

A young carer is...

- Someone, under 18, who supports someone who needs help eg. brother, sister, parent/ guardian
- A young person that helps someone in their family home who may have a mental health issue, illness or disability (physical or learning) or misuse drugs or alcohol
- A child who gives up personal time to help support their family member

If this is you, we hope you find this guide useful. It has been created by local young carers who have experience of finding themselves in a caring role and not knowing who can help. We hope this guide helps you to understand the support available to you and how to access it.

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If you want to tell someone about how you feel, please contact one of these local organisations for support.

CARERS TOGETHER

Supporting young adult carers

St Mary's Centre

82-90 Corporation Road

Middlesbrough

TS1 2RW

01642 488977

carerstogether@btconnect.com

www.carerstogether.co.uk

CHILD & ADOLESCENT MENTAL HEALTH SERVICE

Supporting children and young people experiencing mental health problems

0300 013 2000

www.teww.nhs.uk

HEADSTART

Supporting school aged children and young people in Middlesbrough with low level emotional difficulties

*Ask in school or find out more through **The Junction***

MIDDLESBROUGH RECOVERY TOGETHER

Confidential drug and alcohol service for adults and young people in Middlesbrough.

01642 876323

www.changegrowlive.org

THE JUNCTION

Supporting young carers

19 Station Road

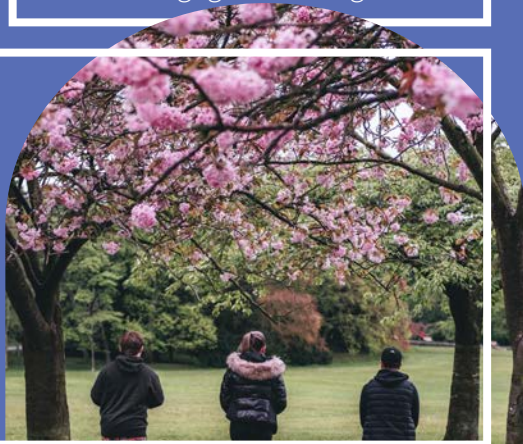
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info@thejunctionfoundation.com

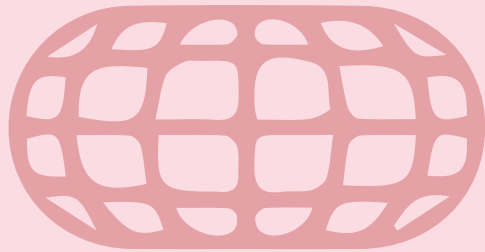
www.thejunctionfoundation.com



YOU ARE NOT ALONE



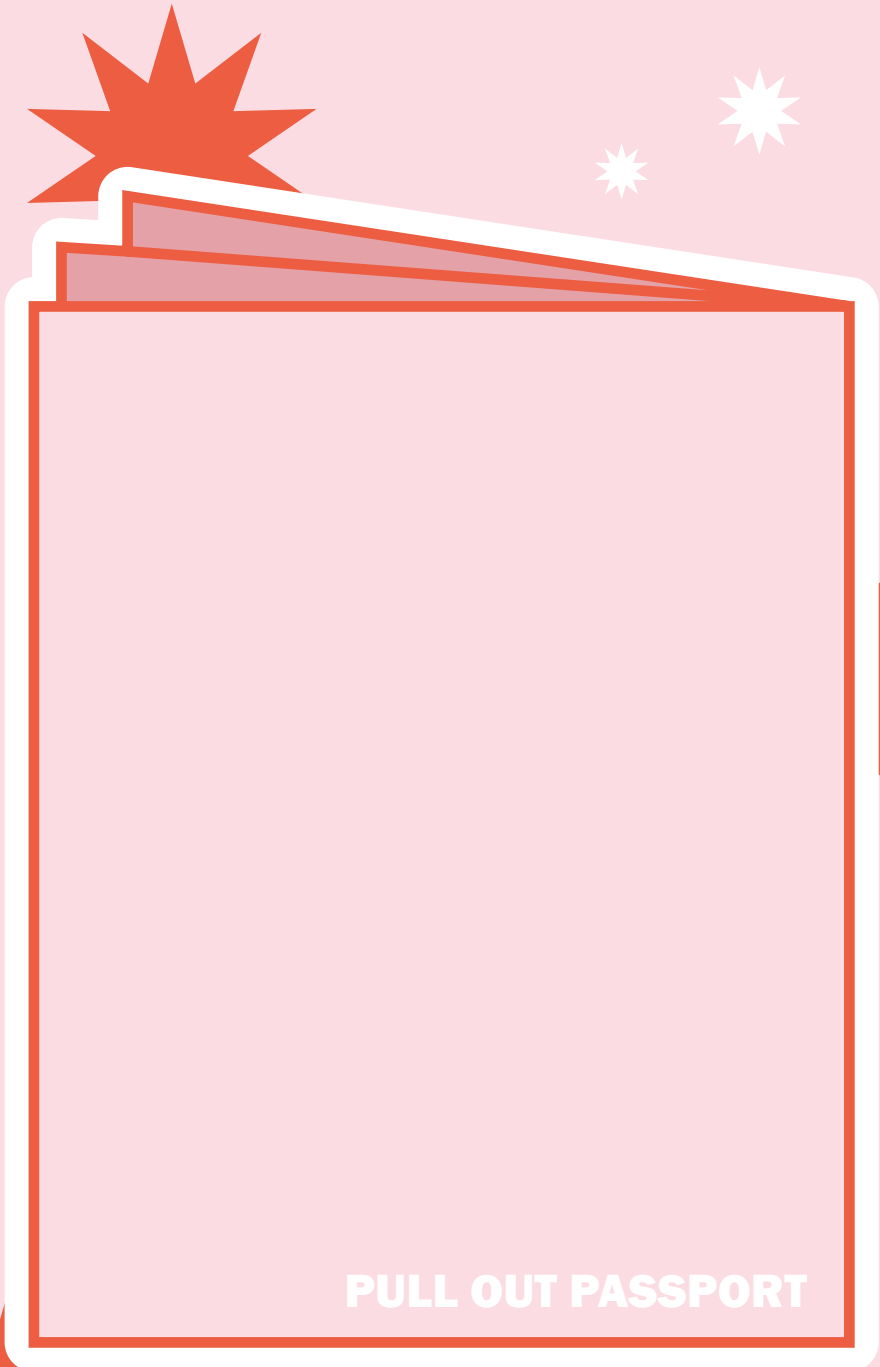
PASSPORT



**WE CARE
YOU CARE.**

PASSPORT?

PASSPORT?



PULL OUT PASSPORT



Here's some places where you (& your grown up) can find help...



We Care You Care provides information on all the local support available from your local community, but these national organisations' websites can be a great resource too:

- childrenssociety.org.uk/youngcarer
- childline.org.uk
- youngminds.org.uk
- youngpeople.nyas.net

**WE CARE
YOU CARE.**

WE CARE
YOU CARE.



THE JUNCTION



Hello

We are all young carers and we spend a lot of our time helping someone close to us. This has a big impact on our lives, our emotional development and our education. Young carers like us need recognition, understanding and support... and we find all those things and more at The Junction.

The Junction delivers 1:1 support and a range of age appropriate group, social and developmental activities for young carers.

Find out more: thejunctionfoundation.com





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*Reasons I don't need
to feel alone*

What makes me a young carer?

I can miss out on time with friends as I'm needed at home

I spend a lot of time helping someone at home

My grown-up talks to me about why they feel sad

I do a lot more household jobs than other kids my age

How I feel about it...

stressed?

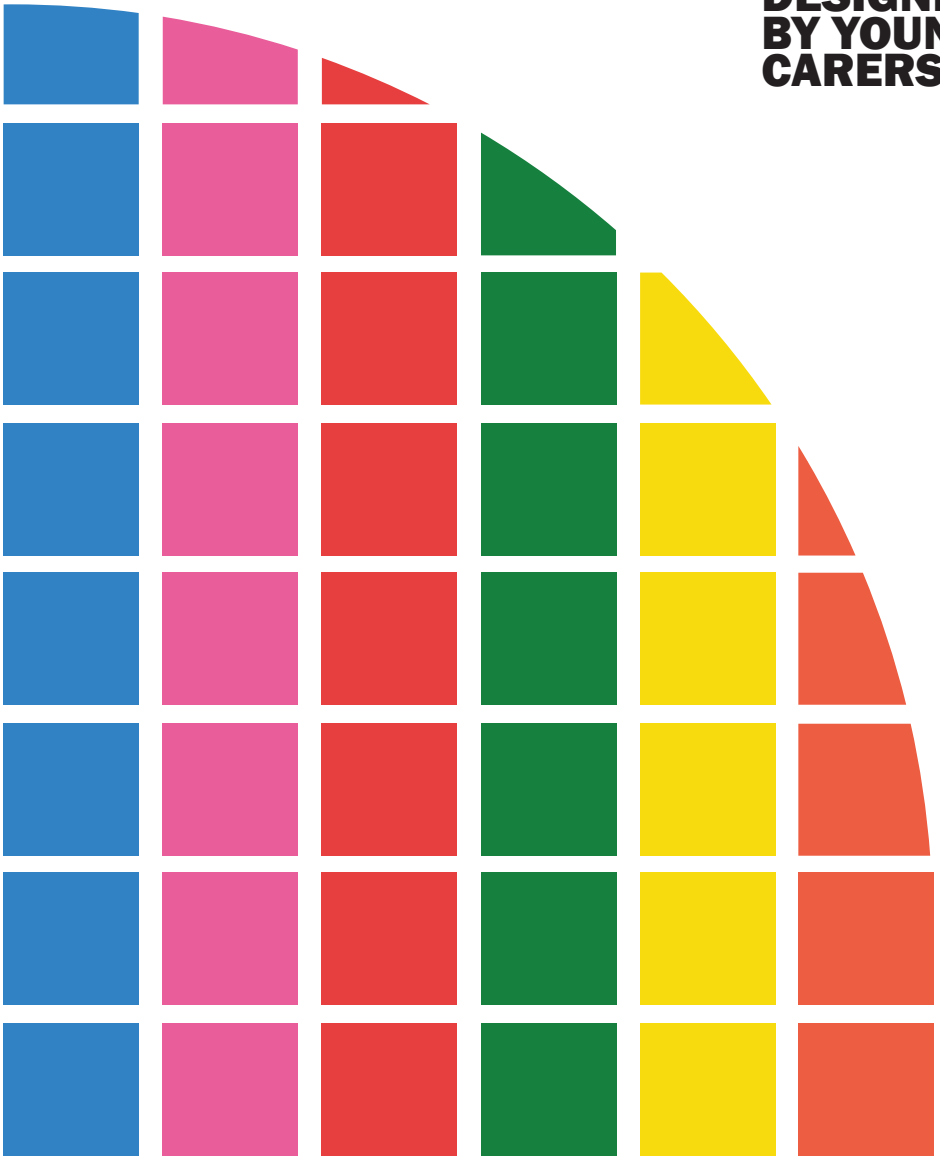
unhappy?

like a hero?

puzzled?

A large white notepad with a yellow border and horizontal lines, featuring a pink heart in the center. The notepad is positioned in the lower half of the page, with the text 'How I feel about it...' written above it. The background is pink with a pattern of small triangles.

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CARERS**



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Kid's guide