

DESIGNED
BY YOUNG
CARERS

CARERS GUIDE

**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](#)



for 11-16 year olds

WE CARE YOU CARE.INFO

CAN WE ASK YOU...

- Do you spend a lot of time helping someone close to you? Maybe a brother, sister, parent or grandparent?
- Do you miss out on spending time with friends due to looking after somebody?
- Do your family talk or confide in you when they have a problem or are feeling low?
- Do you sometimes have to help a family member to get up, washed or dressed?
- Do you do more household chores than other people your age? Perhaps you often shop, cook and clean for your family?
- Do you spend a lot of time looking after a family member because of their illness, mental health, physical or learning disability or drug/ alcohol misuse?

If you answered yes to any of the above, you may be a young carer or young adult carer.



SCAN ME

We Care You Care has lots of useful information and contact details for local support.

BEING A YOUNG CARER CAN BE HARD.

There are lots of reasons why you might be finding things difficult if you are a young carer.

You might be worried about:

- the health of the person you care for
- your schoolwork or exams
- money, finding a job or your future
- not being able to meet and go out with friends
- feeling you don't have any choice
- feeling guilty if you do things you enjoy
- having to look after brothers or sisters.

This may make you feel:

ANGRY ANXIOUS

CONFUSED CONNECTED

DIFFERENT GUILTY

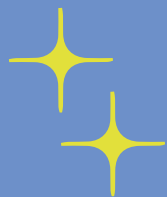
HAPPY INCLUDED LONELY

OVERWHELMED PROUD

SAD STRESSED WORRIED

If this sounds like you, know you are not alone. There are some fantastic local organisations who can help you.

Turn over to find out more.



**“THE JUNCTION
MAKES LIFE
EASIER”
- YOUNG CARER**

**The Junction Foundation
supports local young carers.**

The young carers team provide:

- social and skills groups
- one to one support
- family support
- support with your education
- residential opportunities
- opportunities to learn new skills such as cooking and other life skills and CV writing to support you with planning your future.
- opportunities to make new friends
- space and activities to help you to build your confidence.

**“IT’S A BREAK
AWAY FROM
HOME”
- YOUNG CARER**



WHERE TO ACCESS HELP

NEXT STEPS TRANSITION SERVICE



*Supporting Young Adult Carers,
contact:*

The Junction *or* Carers Together
01642 756000 01642 488977

CHILD & ADOLESCENT MENTAL HEALTH SERVICE

*Supporting children and young
people experiencing mental
health problems*

0300 013 2000 | [tewv.nhs.uk](https://www.tewv.nhs.uk)
tewv.stspoc-camhs@nhs.net

HEADSTART

*Supporting school aged children
and young people in
the South Tees with low level
emotional difficulties*

*Ask in school or find out more
through The Junction (see below)*

MIDDLESBROUGH RECOVERY TOGETHER

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

01642 876323
[changegrowlive.org](https://www.changegrowlive.org)

THE JUNCTION

Supporting young carers

The Junction Foundation,
Westfield Farm, The Green,
Dormanstown, TS10 5NA

01642 756000

info@thejunctionfoundation.com

[thejunctionfoundation.com](https://www.thejunctionfoundation.com)



YOU ARE NOT ALONE



**HOW DOES CARING
MAKE YOU FEEL?**

**WHO CAN YOU
TALK TO?**

Visit:

Kooth.com for free mini online activities and one to one virtual support to boost your mental wellbeing.

YoungMinds.org.uk for practical advice and help to find the best support.



**I'M A
YOUNG
CARER**

**WE CARE
YOU CARE.**

A YOUNG CARER IS...

- Someone, under 18, who supports someone who needs help e.g. 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.

Young carers need to be recognised and supported so that they can thrive and experience and enjoy their childhood.

This document, designed by young carers, enables this young person to inform you, a responsible adult, of their caring role so that you can ensure they receive the appropriate support.



A BIT ABOUT ME



MY NAME IS

I AM A YOUNG CARER FOR

BECAUSE

I GET HELP FROM

I WOULD LIKE SOME HELP WITH



pull-out & share

WE CARE YOU CARE.INFO



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



wecareyoucare.info 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.





Hello

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.

thejunctionfoundation.com





stressed?

How do you feel?



unhappy?

like a hero?



puzzled?



In what sort of ways do you help?

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

Being a young carer might make you feel...

PROUD

ANGRY

SAD

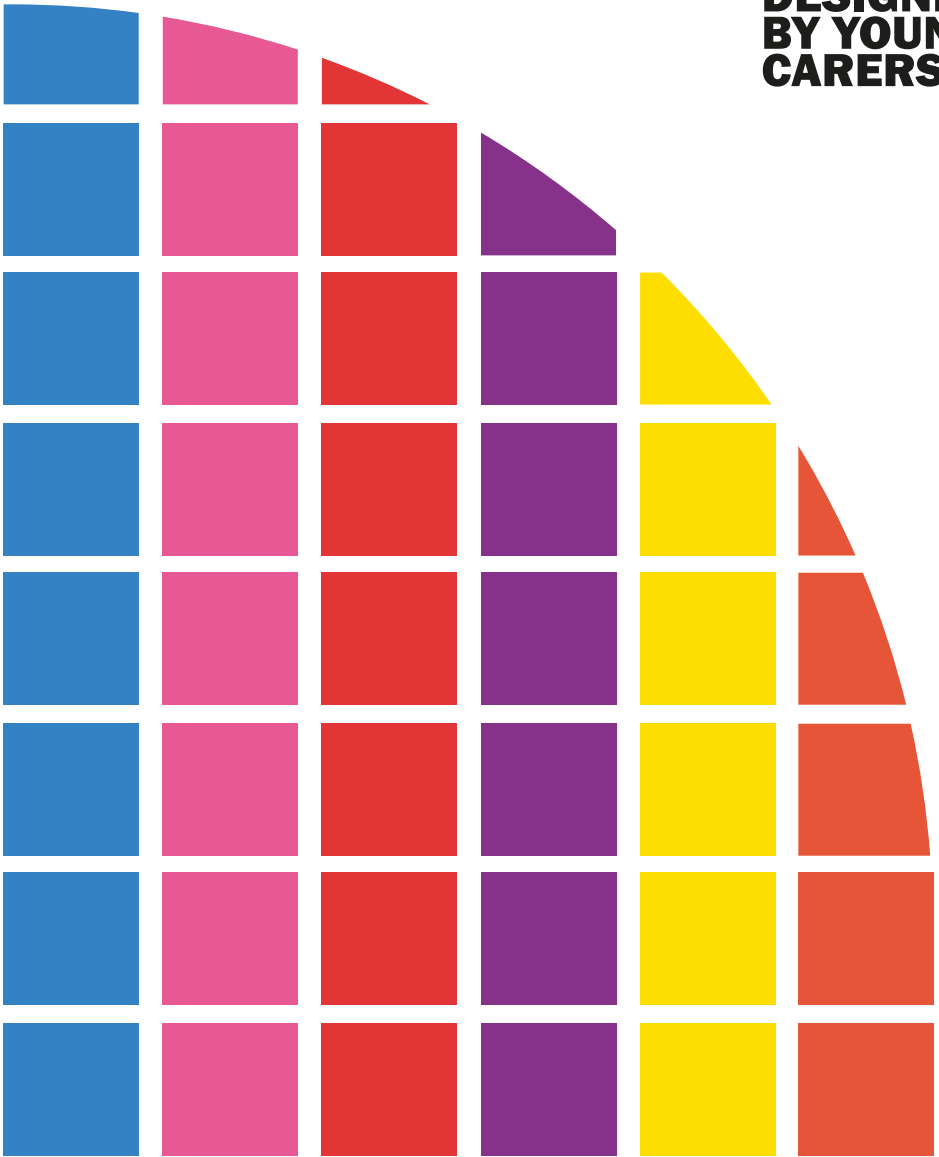
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Kid's guide

(for 5–10 year olds)