

# Young Carers & Young Adult Carers Services



Is your life affected because you live with someone who is ill, experiencing mental illness, has a disability or has problems with drug or alcohol misuse?



# Who are Young Carers?

**Thousands of young people in the UK help to care for a family member who is ill, physically disabled, mentally unwell, has a learning/behavioural problem or has an addiction.**

Young carers have to help out more at home with things like housework, dealing with money and bills, pushing a wheelchair, laundry, shopping, managing medication, accompanying someone to hospital or doctors appointments. Young carers might also help someone with personal care such as bathing and dressing.

If a young carer lives with someone with mental ill health or depression they may provide emotional support and have to deal with difficult behaviour.

These children and young people have to grow up early and often miss out on the same opportunities as other children because of their caring responsibilities at home.



“Being a young carer can be a lot to cope with. It’s good to have a break”

# The Young Carers Service

The Young Carers Service is a charitable, voluntary organisation which offers a range of support services to young and young adult carers aged 5–25. All of the services are free and are focused on age and individual needs.

**Get in touch to find out more about the support we can give you.**

We recognise that Young carers need an occasional break from caring but it can be difficult to find time for themselves or to make new friends. We can offer breaks and social opportunities as part of our range of services.

Everyone who attends has had experience of caring, so, even if you don't want to talk about being a carer, you can feel comfortable knowing that others are going through something similar to you.

**"I have loads of new friends. They understand and don't judge."**

## Are you a Young Carer?

If you think that you are a young carer and would like some support please contact us. If you don't want to do this yourself ask someone to do it for you. This could be a teacher, your GP, your parent/guardian or a friend.

You can contact us by phone, text, letter or email.

If you are 13 or over you can contact us on Facebook. All of our contact details are on the back of this leaflet.

Once a referral has been made we will get in touch to arrange to meet you and tell you more about our services and how we can support you.

Contact us now on 01207 549 780  
or visit [www.carerstrusttw.org.uk](http://www.carerstrusttw.org.uk)



YoungCarers



# Improving the lives of carers

## Carers Trust Tyne & Wear Crossroads Carer Services

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