

YOUNG Carers

- **What is a Young Carer?** A young carer is a child or teenager who helps take care of someone in the family who is sick, disabled or has mental health or addiction issues.
- **What they do:** They might help with a few things like bathing, cooking, giving medicine and offering emotional support.
- **How it affects them:** Balancing caregiving with school and friends can be stressful, leaving them little time to relax.
- **School challenges:** Their caregiving duties might make it hard to keep up with schoolwork, attend regularly or focus in class.
- **Feelings they might have:** Young Carers might feel alone, anxious, or guilty and it's important to recognize and talk about these feelings.
- **Getting help:** Support from services, breaks from caregiving and talking to someone can make things easier.

IF YOU THINK YOU ARE, OR KNOW A YOUNG CARER PLEASE
CONTACT US AT YOUNGCARERS@TORBAY.GOV.UK