



Young Carers
South Tyneside

What is a Young Carer?

A young carer is someone under 18 who helps to care for a parent, sister, brother, grandparent or other individual because they have an illness, disability, mental health difficulty or misuses drugs or alcohol.

Am I a Young Carer?

You may be if...

- You are aged 5-24
- You help someone get dressed, undressed, get washed, give medication or help them move around safely
- You help with housework, shopping, cooking or other everyday tasks
- You help to keep someone company or provide emotional support
- You are left with little or no time to yourself
- You are unable to go out with friends or socialise
- Your school life is being affected, eg being late, absent, struggling to do homework
- You are stressed or find it difficult to concentrate

Turn over...

