

Young carers and mental health

You're not alone in this.

If you're helping to look after someone
look after yourself too:

1. Talk about your feelings
2. Keep Active
3. Eat and drink well
4. Keep in touch
5. Ask for help
6. Take a break
7. Do something you're good at
8. Accept who you are
9. Be proud of yourself
10. Contact carer's support centre



Sarah
Age 16



If you know someone who is a young carer, they can get help from Carers Support Centre

youngc@carerssupportcentre.org.uk 0117 958 9980

www.carerssupportcentre.org.uk