

Young Carers Awareness Day

31 January 2019

Text **YCAD19 £5**
to **70070** to support vital
services for young carers



Recent research shows that as many as one in five secondary school children in England are caring for a family member.

For young people, caring for someone can be very isolating, worrying and stressful. It may also impact their education and take them away from friends and childhood fun. All of this can lead to mental health problems.

This Young Carers Awareness Day, we are putting a focus on how being a young carer can impact children and young people's mental health.

Ben is 16 but finds it difficult to enjoy teenage life like other people his age.

He helps look after his younger sister who has autism.

School is supportive now but he worries about the future - he doesn't know who will help his mum look after his sister if he moves away for university.

“ I'm sitting my A Levels next year. Between school and caring, it is hard to find any time to spend with my friends. ”

Further Information about **Young Carers Awareness Day:**

 carers.org/YCAD2019 / email: campaigns@carers.org

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