

# BE FREE YC

SUPPORTING YOUNG CARERS IN OXFORDSHIRE

"I'm too scared to tell someone I'm a young carer. I don't know what people will think."

**ISOLATION**

**LOW MOOD**

## MENTAL HEALTH IMPACTS OF BEING A YOUNG CARER

A young carer is a child under the age of 18 whose home and school life are impacted by the needs of a dependent family member.

**INCREASED ANXIETY**

**INCREASED STRESS**

**LOW SELF-ESTEEM**

"I worry all the time that something terrible will happen."

"I feel lonely a lot of the time. I don't have anyone to talk to."

"Some days I don't want to get out of bed."



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## WHAT IS A YOUNG CARER?

A young carer is a child under the age of 18 whose home and school life are impacted by the needs of a dependent family member.

A parent or sibling with conditions such as autism, ADHD or a learning disability

A parent or sibling with a long term physical disability or medical condition

A parent or sibling with a significant mental health issue

## WHAT YOUNG CARERS DO?

Daily domestic chores and looking after siblings

Physical caring for a family member

High levels of emotional caring



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