



Staffordshire
Together for Carers
Service

Could you be a YOUNG CARER?

Do you help look after someone in your family who is unwell, disabled, have a mental health or substance misuse issue. Do you...

It is estimated there are
700,000
Young Carers
in the UK,
many unaware of the impact
that caring is
having on
their lives



If so, then you could be a Young Carer, and **we can help you**. You are not alone, about **one in 12 high school students are Young Carers**. If you think you are a Young Carer there is support available. **Letting someone in school or us know could help you** get some support. Staffordshire Together For Carers supports Young Carers aged 5-18 through **information, advice, one to one and group activities**.

In your school you can speak to:

For support or more information
about accessing support:

Staffordshire Together for Carers

T: 0300 303 0621

E: enquiries@staffordshiretogetherforcarers.org.uk



To access a Young Carer's Assessment contact:

Staffordshire County Council Young Carers' Team

T: 01785 278444

E: firstcontactcarers@staffordshire.gov.uk



Staffordshire Together for Carers Service



Do you know if a young person you support:

- ? Has a sibling who is registered with disabilities or long term health condition, including mental health issues?
- ? Has a parent with a disability, long term health condition or mental health issues?

Staffordshire Together for Carers Service helps to ensure that Young Carers between the ages of 5 and 18 years old are identified and provided with support in their caring role.

The vulnerability indicators below may also mean that a student is a Young Carer:

Appear more emotionally/socially mature than their peers

Regularly late or absent

A need or desire to be in regular contact with home

Regularly do not hand in homework on time

Appear to be regularly tired

Parent does not engage with school

Regularly complain of aches and pains

Nearly 4 out of 10 **39%** Young Carers have not disclosed to school staff that they are Carers



If you believe a student in your school may be a Young Carer please speak to:

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