

# Are you a Young Carer?

A Young Carer is someone aged 25 and under who helps to care for a parent, sister, brother, grandparent or another individual because they have an illness, disability, mental health difficulty or an addiction.

If you are aged 16-25 and care for someone, you are also known as Young Adult Carer.

If you have a Young Carer ID Card, please show this to a member of staff who will be able to support you.

If you do not have one of these cards but recognise yourself as a Young or Young Adult Carer our staff can help.

## How we can help?

-  **Take time to talk and listen to you to understand your caring role**
-  **Offer flexibility in education to support you with your attendance and work**
-  **Discuss what you need to be able to enjoy your day and not worry about the person you care for**
-  **Signpost you to other services who can help you**
-  **Provide time out and a safe space to talk if needed**



For more information about Young Carers support and ID Card, please ask a member of staff for an information booklet or contact us directly at [www.southtyneside.gov.uk/youngcarers](http://www.southtyneside.gov.uk/youngcarers)