

Caring Responsibilities

Being a **carer** often means looking after a family member who is ill, disabled or who is struggling with addiction. This could be through doing chores, personal care (washing and dressing someone) or looking after the other members of the family because the person can't.

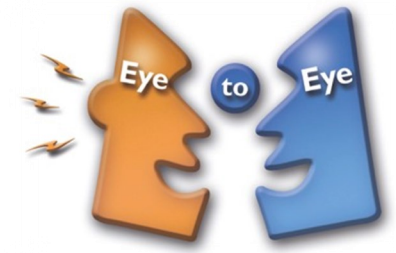
Being a carer is **hard**. You might:

- feel **stressed out** by too much responsibility
- be **tired** a lot
- **worry** about your relative's health or wellbeing
- feel that you have **no time** for yourself
- miss school/college/work a lot or **fall behind** with homework
- feel **angry or embarrassed** about the situation
- feel **'burned out'**
- have **low self-esteem**, anxiety, or guilt

How can I look after myself?

It is understandable that you worry about those you care for, and it is easy to forget about looking after yourself. You matter too and it is really important that you look after and set time aside for yourself, such as:

- **Making time** for hobbies and interests that you enjoy
- Surrounding yourself with people who make you **feel good**
- Looking after your **physical health** and try to keep as active as possible in spare time
- Talking to your school/community Eye to Eye counsellor to **unload** some of your feelings & worries
- Talking to a teacher you **trust** or your boss at work to explain your situation- they may be able to **help** or make adjustments
- Don't be afraid to **ask for help**- can other family members help out in some way?
- Try to stick to a **healthy sleep routine**



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Mental health tips for young carers](#)

[NHS: Being a young carer: your rights](#)

[RCTCBC: Information for Young carers](#)

[RCTCBC: Young adult carers](#)

[Action for children: young carers](#)

Mindshift (app)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Sidekick

Text: 07888 868 059

Email: sidekick@actionforchildren.org

www.sidekick.actionforchildren.org.uk

Childline

0800 1111

www.childline.org.uk (online chat available)

