

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Caring Responsibilities: parents and carers

Being the parent or guardian of a carer can sometimes be as hard as being the carer themselves. If a young person in your life is a carer for you, then you may have feelings of:

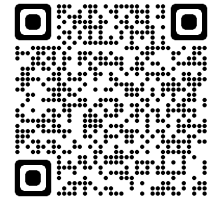
- Guilt about the amount of responsibility they have
- Embarrassment
- Stress or depression
- Helplessness
- Being ‘a burden’ to them
- Sadness or despondency

## How can I help the young person?

- **Encourage them** to make time for hobbies and interests that they enjoy
- Show appreciation for what they do: encourage their strengths and **empower** them
- Encourage them to talk to a school/community counsellor to **unload** their stresses
- Let the school/workplace know the family situation- they may be able to **help** or make adjustments
- **Lighten the load**- can family members or friends help the family out in some way?
- Encourage the young person to maintain a **healthy sleep routine**
- Consider a Young Carers Needs Assessment to support their wellbeing
- Seek extra support via the resources aside

## How can I look after my own well-being?

- If possible, look after your own **physical health** and try to keep as active as possible in your spare time
- Try to maintain as much **independence** as you possibly can
- Be **gentle on yourself** and look after your mental health
- Plan **fun activities** that you can do together
- Make time for your own **hobbies and interests**
- Establish a **good support network** of people that you can talk to



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### 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](http://www.sidekick.actionforchildren.org.uk)

### Helpful Resources

[RCTCBC: Young adult carers](#)

[Barnardos: Young Carers](#)

[Carers Wales: Help and Advice](#)

[Carers Wales: Me time sessions](#)



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