

Are you a young carer?

Do you look after someone who has

- long term illness?
- disability?
- mental illness?

What do young carers do?

Every young carer's situation is different.

They do things like:

- shopping, cooking, cleaning
- paying bills
- helping with showering and dressing
- managing medication
- emotional support

We may be able to help

The Young Carers Respite and Information Services Program supports young people who need help staying at school because they're looking after a family member who has a long term illness, disability, mental illness or is frail aged.

Support for young carers at school

If you're at school and need help with things like:

- respite – taking a break
- help at home
- getting to sport or other activities
- tutoring or time to study

call 1800 052 222*.

The Commonwealth Respite and Carelink Centre will talk to you and your family about how they may be able to support you.

Information for young carers

Carers Associations in each state and territory can help young carers, up to 25 years:

- with advice and counselling
- find someone to talk to
- get help and support

call 1800 242 636*.



The young carer website has information for young carers, families and professionals.

www.youngcarers.net.au

*Freecall, except mobile phones are charged at mobile rates

Young Carers Respite and Information Services Program
An Australian Government Initiative



WWW.YOUNGCARERS.NET.AU