

What does caring look like for you?



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MY MUM'S DISABLED
SO I DO EXTRA CHORES
AROUND THE HOUSE, HELP
TO COOK MEALS, AND HELP
HER TO GET DRESSED AND
OUT OF BED
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My brother has autism and
sometimes needs help to calm
down at night time when he
gets angry

I help my Dad take his
medication as he has MS. He's
in hospital a lot so I worry
about him and what he would
do if I go to university

MY SISTER HAS MENTAL HEALTH
PROBLEMS AND CRIES A LOT OF THE
TIME. MY PARENTS HELP BUT I LIKE
TO TALK AND HANG OUT WITH HER TO
HELP CHEER HER UP

If you think you might be a young carer,
talk to the school's young carer champion

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to find out how we can support you.

