



Be kind, understanding and don't judge (every family is different, not better or worse, just different)



Encourage them to speak a responsible adult if they need extra help. Include them in social things.



Help raise awareness and talk about young carers in your school or community



Start a young carers group in your school or local community



Do not be frightened to speak to a young person about the possibility of them being a young carer. Some young people are proud of what they do and having a responsible friend to confide in can be a positive step for them.



Connecting Young Carers

Ensuring young carers are seen, heard and supported

How we can help young carers