

YOUNG CARERS

Pupils under 18 who **help look after someone at home** who is ill, disabled, or misuses drugs or alcohol.

COLLECTING PRESCRIPTIONS

EMOTIONAL SUPPORT

DIFFUSING SITUATIONS

ATTENDING APPOINTMENTS

YOUNG CARERS MIGHT:

- be late for school
- feel lonely
- have no time for friends or themselves
- Struggle to concentrate

You may need additional support to get through the challenges you might face at school.

**DO YOU LOOK AFTER SOMEONE AT HOME?
DO YOU NEED ADVICE OR SOMEONE TO TALK TO?**