Are you a young carer?

# Do you look after someone who has

* long term illness?
* disability?
* mental health issues?

# 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 health issues 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](http://www.youngcarers.net.au/)

\*Freecall, except mobile phones are charged at mobile rates

Young Carers Respite and Information Services Program

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