



carerstrust
St Helens Young Carers Centre
action · help · advice



A young carer is a child or young person who looks after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse.

They may have to do:

- Cooking
- Cleaning
- Shopping
- Looking after siblings
- Giving medication
- Helping them to wash/dress
- Listening to their worries

It may affect them by:

- Worrying about person
- Late for school
- Poor attendance at school
- Feel lonely and isolated
- Unable to do homework
- Unable to spend time
with friends

St Helens Young Carers Centre supports hundreds of local Young Carers between the ages of 6 and 18 and is a free and confidential service.

For information telephone: 01744 677 279

Email: info@sthelenscarers.org.uk

Web: www.StHelensCarers.org.uk