

Young Carers said #CareForMeToo on Young Carers Awareness Day 2019

What we did

Carers Trust created campaign resource packs to encourage young carers and young adult carers to get involved with our new mental health campaign and say #CareForMeToo this Young Carers Awareness Day.

Making a big noise

- Norfolk Young Carers [premiered videos](#) featuring members of their forum discussing how young carer impacts their mental health and the results of a new survey devised by forum members at an event for over 60 professionals
- Young carers in Barking and Dagenham spearheaded a '[Wear Yellow](#)' day to raise awareness of young carers in schools across their borough, [supported by their local Mayor](#). Young carers Alice and James also collaborated [on their own #CareForMeToo poem](#).

Getting creative

- Young adult carers supported by Care4TheCarers in East Sussex collaborated on [their own #CareForMeToo poem](#)
- Young carers in Cheshire West, supported by Carers Trust 4All, [premiered their own song](#), "I Will Be Me"

Reaching out to decision makers and other young carers

- Members of Bristol and South Gloucestershire's Young Carer Voice forum [made vlogs](#) to reach out to others with tips for maintaining good mental health and as a young carers, [gaining the support](#) of local mayor Marvin Rees
- Young Carer Ambassador Beth from Sutton Carers Centre featured in [new #CareForMeToo posters](#) designed to catch the eye of young carers in the services new outreach through GP surgeries – and also [met with their local Council Leader](#) to discuss what young carers need in health settings

Making an impact in local communities

- [2Gether NHS Foundation Trust](#) outlined their commitment to young carers in Herefordshire and Gloucestershire
- Leaders in health, representing the [West Yorkshire and Harrogate Health and Care Partnership](#) and [Mid-Yorkshire NHS Trust](#) showed their commitment to young carers
- School nurses in Surrey [took pledges of action](#) in support of young carers' mental health

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