

**HEAR ME, SEE ME,
SUPPORT ME AND DON'T
FORGET ME**

CARERS TRUST RESEARCH CONDUCTED WITH YOUNG CARERS DURING THE PANDEMIC HIGHLIGHTS THE IMPACT ON WIDER WELLBEING OF YOUNG CARERS IN SCOTLAND:



42% of young adult carers in Scotland who responded to the survey say they are unable to take a break from caring as a result of Coronavirus.



45% of young carers and **68%** of young adult carers in Scotland say their mental health is worse as a result of Coronavirus.



71% of young carers and **85%** of young adult carers in Scotland who responded to the survey were more worried about the future since Coronavirus.



58% of young carers in Scotland who responded to the survey say their education is suffering as a result of Coronavirus.

1 in 10

young carers have seen their caring role increase by 30 hours a week or more