What’s involved in being a young person with a caring role...

I feel weighed down like I can’t reach my full potential...

I don’t like going out with friends in case something happens at home...

Being in school is hard because I spend the day worrying about mum at home... every time I see an ambulance or a police car I panic...

I feel guilty every time I leave the house...

Sometimes I feel isolated like my life revolves around my situation at home...

I’m proud to look after the person I love...

After school, I get dinner on, tidy up, make sure everyone is ok and then put my brother to bed... my homework comes last if I get time...

You might help someone at home because they have a disability, illness, mental health issue or addiction. You are not alone: about 1 in 12 secondary-aged young people have a caring role. Caring for someone can be good, but it’s always good to talk to a teacher so that they can be aware and help if things become difficult.

Contact
If you are looking after someone at home and need some help or would like to talk to someone, please speak to a member of staff you feel comfortable with.