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.

"When my Mum has been drinking I have to put her to bed and keep checking on her."
Ross, 15 (who cares for his Mum who has a substance misuse issue)

"I have to wake up earlier than everyone else to make sure I get my brother up and ready before getting myself ready for school."
Adam, 13 (who cares for Mum who has depression and anxiety)

"I get my mum ready every morning and every night."
Millie, 15 (who cares for her Mum who has Multiple Sclerosis)

"I get Mum's medication, tidy up, get the shopping, and make dinner. I also spend a lot of time reassuring my Mum when she gets upset."
Nathalie, 14 (who cares for her Mum who has Post Traumatic Stress Disorder)

"I'm always expected to help my sister stay calm."
Sabba, 13 (who cares for her older sister who has autism)

"My job in the house is to do the food shopping, the cleaning and keep an eye on my two younger siblings."
Ahmed, 14 (who helps care for his Gran who lives with his family after her stroke)