How to Get Involved

Young Carers Awareness Day is on 31 January 2019. It is a day to recognise young carers across the UK who look after loved ones and family members who cannot look after themselves.

We are focusing on the theme of mental health in 2019. The pressures of caring can lead to mental health problems, anxiety and stress. That’s why we are asking for more support for young carers and their wellbeing.

What everyone can do

Text YCAD19 £5 to 70070 to donate to Carers Trust and support vital services for young carers.

Show your support for young carers on social media. Draw the number 1 on your hand, snap a selfie and share it on Twitter using the text below! Have a look at examples on Carers.org/careformetoo.

#1in5 secondary school pupils care for a family member – it can be lonely and stressful and lead to mental health problems. For #YoungCarersAwarenessDay I’m backing @CarersTrust’s #CareForMeToo campaign to help #YoungCarers get the support they need.

goo.gl/zY6yYn

Tag someone you care about and ask them to tweet their support for the #1in5 too!

You can also tweet your support for young carers by using the hashtags #YoungCarersAwarenessDay and #CareForMeToo. You might want to say something like:

Young carers are saying #CareForMeToo this #YoungCarersAwarenessDay, and I’m listening. Let’s make sure #YoungCarers get the support they need for their mental health.

Visit Carers.org/YCAD2019 and Carers.org/careformetoo for more information.

If you’re a Carers Trust Network Partner or young carer service

Request a #CareForMeToo campaign pack! The pack has suggestions of fun ways to get young carers thinking, talking and making some noise about their mental health by saying #CareForMeToo this Young Carers Awareness Day.

See Carers.org/careformetoo for more details.
What you can do in Wales

In Wales, you can also support Carers Trust Wales’ work with Welsh Government to deliver a national Young Carers ID card as part of marking Young Carers Awareness Day 2019. For more information, please contact wales@carers.org.

For more information, contact campaigns@carers.org or visit Carers.org/YCAD2019

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