

Wellbeing: August Newsletter

Who is a Young Carer?

Young Carers are everywhere, but who is a Young Carer? A Young Carer is anyone under 25 who provides care for or is impacted by a family member affected by a disability, chronic or mental illness, addiction or frail age.

Young Carers are the siblings, children, grandchildren, nieces and nephews, of people who require care. They might have an autistic sibling who goes to them for emotional support. Their granddad may have been diagnosed with Dementia, and he moves into their house. Maybe their parent is in and out of the hospital due to a chronic illness, so they help more around the house.

It is never intentional, but they may miss out on extra curriculums, time socialising, working or studying because of their caring role. It is estimated that 1 in 10 young people are Young Carers, and there are 2-3 Young Carers sitting in every classroom. Given these statistics, it is highly likely you know a Young Carer, but many don't realise there are services out there to support them.

Luckily, there are a range of services dedicated to supporting the wellbeing of Young Carers. Some of these organisations are included below.

Students are always welcome to come to the Wellbeing office for more information and support. If you are looking for more information about Young Carers, contact Minna Hood (West) 9755 4652.

Urgent help 24/7

- Kids Helpline 1800 551 800
- Lifeline 13 11 14
- Emergency 000

YOUNG CARER RESOURCES

[Litte Dreamers](#)

[Satellite](#)

[Carers Victoria](#)

[Tandem](#)

[Carer Gateway](#)

