



## What is Young Carers Awareness Day?



Young Carers Awareness Day is organised annually by [Carers Trust](#) to highlight the pressures and challenges experienced daily by young people who care for a member of their family.

This year Young Carers Awareness Day takes place on **Thursday 31 January**.

The focus for the day will be on how these pressures can lead to many young carers experiencing problems with their **mental health**.

Young carers have told us their caring roles mean they rarely have time to focus on their own needs and that the many hours they spend caring for others all too often go unnoticed. This can quickly escalate into problems with their mental health if left unchecked.

That's why this year young carers, along with Carers Trust, are calling on those in a position to make a difference to **#CareForMeToo**.

We will be using **print and broadcast media, as well as social media**, to make as much noise as possible on the day.

[Find out more about Young Carers Awareness Day 2019](#)

[Find out more about the #CareForMeToo Campaign](#)

## Key Messages to share on Young Carers Awareness Day

- Young People often experience problems with their mental health because of the pressures of their caring role.
- All too often there is not enough support for the sorts of mental health problems experienced by young carers.
- Young Carers are therefore sending a clear and simple message to decision-makers and those in a position to make a difference: [#CareForMeToo](#).

To help achieve this, Carers Trust is calling for:

- Health and social care professionals to receive mandatory training pre-registration so they are more aware of young carers' needs and better able to identify them.
- Statutory agencies in England with health, social care and education remits to receive funding so they can identify and support young carers, and undertake their legal duties as required by the Children and Families Act 2014.
- Schools in England to adopt the [Step-by-Step Guide](#) to identification and support for young carers in schools.
- Implementation in England of [The Children and Young People's Mental Health Provision Green Paper](#) to explicitly address the needs of young carers.

## Resources for Young Carers Awareness Day 2019

Our Resources webpage hosts a wide range of downloadable resources, including posters, to publicise the day. There are ideas for Young Carers-focused activities and lessons for teachers, case-studies and more ideas on how you can get involved. You can [access our online resources here](#).

## Other resources

Do you have links with services that support young carers directly?

If so, please disseminate our campaign resource pack for young carer and young adult carer services, available [here](#).

We also have a pack available for schools, colleges and universities, available [here](#).



## How you can help us achieve our aims on Young Carers Awareness Day 2019

Supporting young carers on Young Carers Awareness Day is easy. Here are some of the ways you can help:

- **Retweet our tweets** in the run up to, and on, 31 January. To see our content, please follow: @CarersTrust. Tweets will raise awareness of the day, provide key statistics on young carers and signpost to our online resources. If you'd like to comment on retweets, please use the following hashtags wherever possible: #CareForMeToo, #YoungCarersAwarenessDay, #mentalhealth
- Use the suggested tweets below to post from your own Twitter accounts.
- Link to our online resources pages from your own website/blogs.
- 'Like' and share our posts on the [Carers Trust Facebook page](https://www.facebook.com/carerstrust/):  
(<https://www.facebook.com/carerstrust/>)



## Social Media Content for Sharing

#YoungCarersAwarenessDay is @CarersTrust's annual initiative to raise awareness of young people who look after family members with illness, disabilities or substance misuse issues. Find out how you can support #YCAD2019 on 31 January 2019: <https://carers.org/young-carers-awareness-day-2019>

A quarter of young #carers have been bullied as a result of their caring role. Find out how you can help support the #mentalhealth of #youngcarers: <https://carers.org/how-support-careformetoo-campaign>

Research suggests as many as #1in5 pupils in every classroom in England have a caring role. Show support for #youngcarers in your #school on 31 January by snapping #1in5 selfies and sharing with the hashtag #YoungCarersAwarenessDay. More tips: [https://carers.org/sites/default/files/media/how\\_to\\_get\\_involved\\_with\\_young\\_carers\\_awareness\\_day.pdf](https://carers.org/sites/default/files/media/how_to_get_involved_with_young_carers_awareness_day.pdf) #ukedchat

Managing school alongside a caring role can be stressful for young #carers. Schools: take a pledge of action to support #youngcarers #mentalhealth this #YoungCarersAwarenessDay. Find out more: <https://carers.org/how-support-careformetoo-campaign> [#careformetoo](#) [#ukedchat](#)

You can also - **Show your support for the #1in5!**



One in five secondary school pupils in England is a young carer.

We are encouraging everyone to show their support for the #1in5 young people with a caring role by drawing a number 1 on their hand, snapping a picture or selfie and sharing online!

Encourage staff and your key partners to show their support for the #1in5 online.

You can share your selfie on social media with this text:

#1in5 secondary school pupils care for a family member – it can be lonely, stressful and can 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](https://goo.gl/zY6yYn)