



# MENTAL HEALTH TOP TIPS FOR YOUNG CARERS



SCAN ME



Being a Young Carer, you may feel alone, overwhelmed or anxious about your cared for and/or your circumstances. Sometimes it can be hard to know where to go, or who to turn to. You will find contact details below for organisations that can support you

1

## REGULAR EXERCISE

Exercise can help lower stress levels and improve your self-esteem!



2

## TAKE TIME FOR YOURSELF

Give yourself a break and do something that makes you happy!



3

## SLEEP

It is important you get enough sleep each night so you are not tired the next day. To help, you could have a bath or read a book



4

## BE KIND TO YOURSELF

Remember you are doing an amazing job looking after your cared-for



5

## MINDFULNESS

This is a great way to help you focus when feeling overwhelmed or anxious. You could try yoga, meditation and breathing exercises



6

## EATING HEALTHY

Eating a healthy, well balanced diet is vital for your mental and physical wellbeing



- **Family Action FamilyLine** - This service provides support for adult family members regarding all aspects of family life, including emotional support and practical advice via telephone, text, email and webchat. Tel: 0808 802 6666 Text: 07537 404282
- **Kooth** - This is a free 24 hour online counselling service for children and young people, helping you to feel safe and confident to seek the support you need. Tel: 020 3984 9337
- **Number22** - Provides free and confidential counselling sessions for adults and young people (11 years plus) living in Windsor and Maidenhead. Tel: 01628 636661
- **Friends in Need** - A peer support group for young people aged 17-25 years old to share their experiences and socialise with others. Tel: 07496 874882
- **Talking Therapies** - This services allows you to talk through your problems and equips you with the skills and resilience to cope and/or overcome them. Tel: 0300 365 2000

