



# Emergency Plan

Being a young carer can be difficult at the best of times, but it can be extra stressful if something unexpected happens, either to yourself or the person you are caring for.

Planning ahead can help you manage these changes by being prepared, knowing what to do and who to ask for help and support.

Date this Emergency Plan was completed:

## Emergency Plan

My name:

My age:

I live at:

I care for:

My caring role involves:

Other people who live with us are:

The best contact number for me is:

## Things that might happen to me:

If I am unwell and need someone to help me, I will...



If I am unwell and need someone to help the person I am caring for, I will...



If I am stuck at school/college and I can't get home, I will...




If my situation suddenly gets worse and I am struggling to attend school/college and/or keep up with my studies, I will...



## Things that might happen to the person I am caring for:

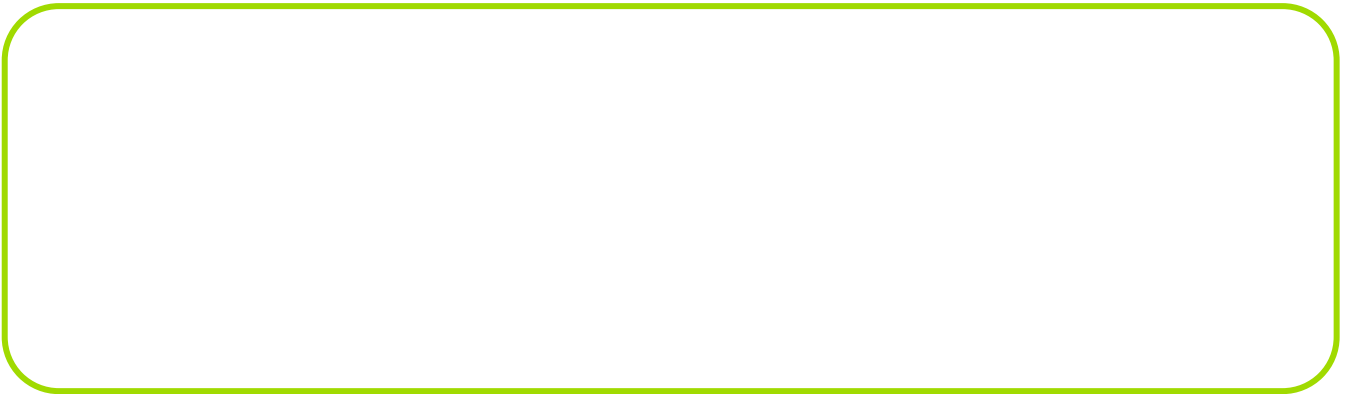
If someone else also providing care is ill or doesn't arrive and I am left alone to care, I will...



If the person I care for becomes unwell or has a health emergency, I will...



If the person I care for needs to go to hospital and I am on my own at home, I will...

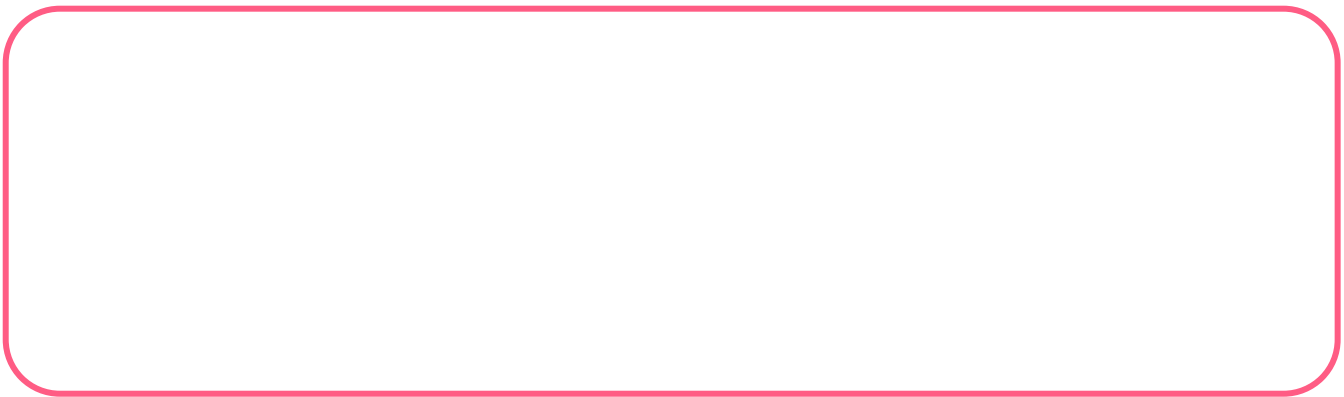


# Things that might happen at home

If there is an emergency at home e.g. flood, fire, power cut, gas leak, I will...



If I get locked out of the house, I will...



If there isn't enough money for food & bills, I will...



## My emergency contacts are:

Name:

Relationship:

Number:

## Checklist:

Have you got your emergency contact's numbers stored on your phone?

Do your Emergency Contacts know they are on this Emergency plan and what they need to do?

Is there a Care Plan for the person you are caring for, and is it easy to find?

## National Helplines:

### Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org)

### SANEline

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10pm every day).

### Shout

If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help

### Childline

[www.childline.org.uk](http://www.childline.org.uk) Freephone: 0800 1111 Free 24 hour helpline & online support for children and young people including information on your mental health, body issues, bullying, friends, family, relationships, school plus online toolbox of support

### Familyline (for over 18s)

Family support and advice 9am – 9pm. Live web chat [www.family-action.org.uk/familyline](http://www.family-action.org.uk/familyline)  
Freephone: 0808 802 6666 Text message: 07537 404 282 Email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)