

family
action

Staying Safe and Well

Developed by Young Carers

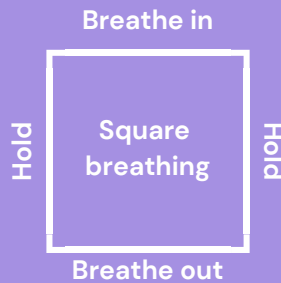
Self Care Ideas



Lie on the ground
and watch the
clouds



Colouring in



Play a game



Spend time with
your pet

Watch something
funny on TV



Draw a picture or
make something

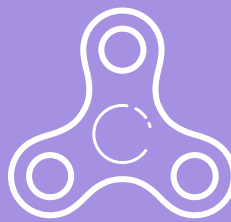


Listen to
some music

Read a book or
magazine



Dance



Fidget toys



Try yoga



Meditation



Talk to someone



Blow some bubbles

Get moving!
Jump, run, ride a
bike



Top Tips from Young Carers

Don't be
afraid to
speak up

Feel proud
of what you
do

Don't feel bad
about having
time to yourself

Don't wait for
support - ask
early from
teachers, friends,
parents and
counsellors

Don't be afraid to say
if a job you are doing
makes you feel
uncomfortable - you
shouldn't have to do
things that make you
feel upset

It's good to
take a break
from your
worries

Tell someone you
trust about any
problems or
worries

What Young Carers have told us....

Being a
young carer
is like being a
set of scales.
You have to
balance
everything

I feel happy
helping my Dad

Sometimes I
feel angry
when I have
to help out









Sometimes I
feel
overwhelmed

I enjoy
helping
people

I feel safer now I
have the right
support

Remember it's not just down to you to care for the person, there are other adults that can help including services and organisations.

Useful Services

-  Children's Front Door: 01325 406222
-  Young Carers Darlington: 01325 794888
-  In emergencies: 999
-  Childline: 0800 11 11 / childline.org.uk
-  Kooth: www.kooth.com (11-25 years)
-  Samaritans: 116 123 / jo@samaritans.org
-  Text SHOUT to 85258
-  YoungMinds: youngminds.org.uk

My Network List

