

family
action

Staying Safe and Well

Developed by Durham Young Carers

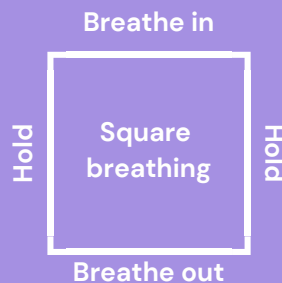
Self Care Ideas



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



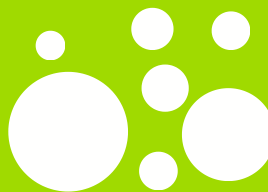
Try yoga



Meditation



Talk to someone



Blow some bubbles

Get moving!
Jump, run, ride a
bike



Top Tips from Durham 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

-  First Contact Durham: 03000 267 979
-  The Bridge Young Carers: 0191 3832 520
-  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

