

family
action

Staying Safe and Well

Developed by Young Carers

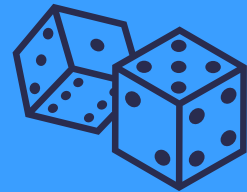
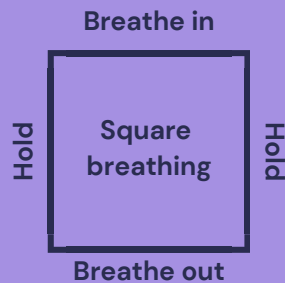
Self care ideas



Lie on the ground
and watch the
clouds



Colouring in

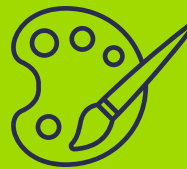


Play a game



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



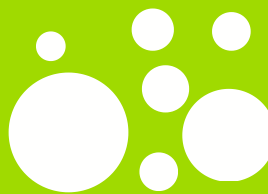
Try yoga



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

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

Feel proud of what you do

Tell someone you trust about any problems or worries

It's good to take a break from your 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 Durham (The Bridge): 0191 3832520
-  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



