

Who are Young Carers?

Young carers are young people and children under 18, who take on physical, practical or emotional responsibilities at home because someone in their family is disabled, has been ill for a long time, experiences mental ill health, has a learning disability or has a problem linked to alcohol or drugs.

Lots of children and young people want to help out and feel proud that they are lending a hand. At the same time the impact of these caring responsibilities may cause difficulties at home, in school/college or elsewhere.

Sometimes it can be difficult to recognise someone as a young carer – but does this sound like your family or a family you know?

Did you know there are thousands of young carers in West Sussex?

What can help Young Carers?

- Acknowledging that they are in a caring role.
- Supporting the person who is cared for so that children and young people do not have to do so much.
- Having regular breaks from caring and ensuring they have the same opportunities as other children and young people of their age.
- Meeting other young carers and knowing they are not alone.
- Having someone to speak to who understands.

The role of the Young Carers Mental Health Advisor

Our Mental health advisory worker supports Young Carers who are experiencing:

- Low mood and/or anxiety
- fears, worries and experiencing low self-esteem
- Current or historic self harm
- Thoughts of suicide or harm to themselves

What we deliver?

Undertake a full Young Carers assessment to address and reduce caring responsibilities and impact of these.

We will deliver 10 therapeutic sessions following a DBT approach incorporating acknowledgment of acceptance through Mindfulness, Emotional regulation, interpersonal effectiveness and managing distress.

Direct work sessions exploring and creating safety planning to ensure the YC has the tools, needs and skills to support their own safety and identify risk, and identifying a trusted person to talk to when needed.

Empowering young carers to continue to use the DBT approach to achieve sustainable change and healthy lifestyle choices.

Please note that our Service is not an emergency service and cannot respond as such.

If you feel you or someone you know may need urgent support please contact the Sussex Mental Health phone line - available 24/7 - on **0800 0309 500**.

If you or your child are at immediate risk of harm or require medical attention please call **999** or visit your nearest local Accident and Emergency department at hospital.



Have you identified someone who could benefit from support?

Is there worries about the health and wellbeing of someone within the family? Is school attendance being impacted due to caring role? Is social life and ability to see friends impacted? Is it difficult to practice self-care? Is it difficult to speak about mental health and experiences?

Contact details

To access the Young Carers Service, please phone **01903 270300** and ask for the duty worker.

For more information:

Email youngcarers@westsussex.gov.uk

Website westsussex.gov.uk/YoungCarers

Useful helplines

Samaritans

24/7 helpline **116 123**

Email (reply within 24 hours) jo@samaritans.org

SHOUT

Text '**SHOUT**' (or '**YM**' if you're under 19) to **85258** to contact the Shout Crisis Text Line

NHS Sussex

24/7 helpline **0800 0309 500**

Website nhs.uk/conditions/self-harm

Useful websites

- e-wellbeing.co.uk
- westsussex.gov.uk/YourMindMatters
- sussexcamhs.nhs.uk
- papyrus-uk.org
- harmless.org.uk
- lifesigns.org.uk
- thecalmzone.net

Free apps

- Stay Alive
- Mind Shift
- Calm Harm
- distrACT



WEST SUSSEX
**YOUNG
CARERS**
FAMILY SERVICE

Young Carers Mental Health Keyworker Service

