

Made by  
young carers



# Young Carers

Top tips for mental health  
professionals

1. The condition of the person we care for is not the full story – they're a person too; their condition affects their mental health and the rest of their life, and it affects us in lots of ways. We need recognition and support too.



2. We need more long-term solutions and support for us and the people we care for. Six weeks isn't enough.

3. Having a consistent, supportive adult who we know and trust can really help. We shouldn't have to tell our story over and over.



4. Checking in on a patient regularly can help head off a crisis that otherwise we then have to deal with.

5. Treatment needs to be more accessible and flexible to allow us to support the person we care for.



7. If we're telling you about our situation, it's because we need comfort and support. This means specific young carer training is needed for health professionals so that you:

- understand all the different types of caring responsibilities we have to deal with and the different ways these might impact on us.
- know how to offer us support in ways that actually have an impact.

This training needs to be mandatory and meaningful. We want and deserve to feel like we're a priority.



6. We need more detailed information from doctors from a younger age about:

- which services are supporting our family
- their treatment/medication (e.g. what it's supposed to do, any side effects etc)
- what to do when things go wrong (like when our family members have seizures or mental health crises).



8. Workers need to be clear about what they can or can't do in their roles, so we are clear on expectations.



10. We need quicker responses to crisis situations when it is known that the patient is cared for by a young carer – we shouldn't have to cope with crises on our own.



12. Please make referrals to activities, support groups and days out for the people we care for to decrease their isolation. Doing this helps decrease our isolation and caring roles too.



9. Better communication between GPs and pharmacists would make life easier for the people we care for. Fewer errors and confusions with prescriptions would help them and us a lot.



11. We need crisis and discharge plans that are written in accessible language we can understand, so we know what to do **before** a crisis happens.



Be the  
change!

# Thank you

Implement these top tips today.

