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## ARE you a YOUNG CARER?

## We have some things that can help you

## SUPPORTS IN SCHOOLS

Do you look after someone – do the shopping, cleaning, looking after brothers and sisters, manage money for your family, help a family member shower or dress, take their medication or provide emotional support? Then you are someone that we call a carer and you can get support from your school to help you balance your caring responsibilities with your studies.

This help can be in the form of money, changes to your timetable or schoolwork or connections to other carers who understand what life is like for you.

Talk to your teacher, school psychologist, youth worker or school social worker and they can help you, or e-mail us at ETDStudentWellbeing@act.gov.au.

I’m sure you agree that staying at school is important for your long term financial and social wellbeing. There are many ways your school can support you to learn while also supporting you in your role as a carer.

Many young carers say that they enjoy their caring role. However, we know that if a young carer is not supported it can impact their school results and their own physical and mental health and wellbeing.

## Supports IN THE COMMUNITY

Help is available at your school. You don’t have to manage on your own. You are not alone – there are many young carers attending school in the ACT. We know there are at least 560 young carers in our ACT public school system. So here’s some things that may help:

You can go to the **Carer Gateway** www.carergateway.gov.au /. It has lots of resources and advice for carers, including courses, phone based counselling and financial support.

The **Young Carers Network** [www.youngcarersnetwork.com.au/](http://www.youngcarersnetwork.com.au/) is a place for young carers to learn about support services, access resources and share their experiences.

This network manages the Young Carer Bursary Program. A Bursary Program means it can provide money that supports young carers, like you, to stay at school. You can apply for a grant of up to $3,000 each year.

## Carers ACT

Helpful information and supports are available at Carers ACT, including information on advocacy supports. To find out more go to:

<https://www.carersact.org.au/information-for-carers/support-for-young-carers/>

<https://www.carersact.org.au/wp-content/uploads/2017/11/Young-Carers-Toolkit.pdf>

It is really common for a young carer to not know if they are a carer. Have a look at this video – it may help you to decide if you are a young carer:

[www.youtube.com/embed/OTFo1oODgTk](http://www.youtube.com/embed/OTFo1oODgTk)

## More Information

For further information please email Student Wellbeing at ETDStudentWellbeing@act.gov.au

