

BE FREE YC

SUPPORTING YOUNG CARERS IN OXFORDSHIRE

SUPPORTING YOUNG CARERS

AGED 8 TO 17 YEARS OLD

- Trips and activities for young carers
- one-to-one emotional support • befriending
- online youth group for young carers aged 13 and over.

REFERRING A YOUNG PERSON

Download our referral form at befreeyc.org.uk, fill it out and email it back to us. One of our team will then be in touch and arrange a home visit with the family.

THANK YOU!



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SCHOOL SUPPORT

The challenge is to raise awareness of young carers in your school, identify them and give them confidence to flourish. Many do not realise they are a young carer!

WAYS TO SUPPORT YOUR YOUNG CARERS

- Lunchtime groups • homework support group
- YC's information board • assemblies
- designated staff member • connecting primary to secondary schools
- engage with befreeyc.org.uk

INDICATORS OF A YOUNG CARER

- Often late or tired • homework not done
- dropped off/picked up by someone else
- family non-attendance at parents evenings
- regular hospital visits/ appointments
- show higher levels of anxiety and friendship troubles • infrequent school attendance



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DEPRESSION

Many young people who experience depression struggle to recognise the symptoms which can remain undiagnosed for years. Whilst many people can feel sad from time to time, clinical depression usually lasts for longer than two weeks and will exhibit some of these symptoms.

COMMON THOUGHTS

"I have let everyone down, I'm a failure"
"Nothing good ever happens to me.
I should just give up"
"I'm so alone, no one loves me"
"Life is not worth living"

COMMON BEHAVIOUR

Withdrawal from others
Lack of motivation
Crying and mood swings
Self harm, alcohol and
substance misuse
Suicidal thoughts

PHYSICAL EFFECTS

Lack of energy
Weight loss or weight gain
Unexplained aches and pains
Sleeping too much or too little



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ANXIETY

Everyone gets anxious at times, but when anxiety stops you doing everyday things it becomes a mental health issue. There are many types of anxiety (General Anxiety Disorder, separation anxiety, social phobias) and everyone experiences anxiety differently.

HOW YOU MIGHT FEEL

Rapid heartbeat, palpitations, chest pains
Shortness of breath or hyperventilating
Headaches, dizziness, tingling, numbness, nausea
Muscle aches and pains
Irritability and impatience
Lack of concentration
Excessive worry and fear
Nervousness
Trouble with sleep

HOW YOU MIGHT BEHAVE

Avoiding certain situations
Distress in social situation
Repetitive compulsive behaviors



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STRESS

Stress can start to become a problem if you become overwhelmed by it and it can make existing mental health problems worse. It can be hard to sleep or eat when under stress which can also affect physical health.

HOW YOU MIGHT FEEL

Aggressive and wound up
Anxious and nervous
Racing thoughts
Constant sense of dread
Suicidal feelings

COMMON BEHAVIOUR

Constant worrying
Avoiding situations and people
Unable to concentrate
Snapping at people
Self-harming behaviors
Restless
Crying

PHYSICAL EFFECTS

- Panic attacks
- Shortness of breath
- Dizziness and fainting
- Constant tiredness
- Headaches
- Sleep troubles
- Feeling sick

MANAGING STRESS

Recognising common triggers to help figure out the cause.

Take regular breaks from stressful situations such as revision or exam preparation.



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