

'Time to talk, someone to listen'

For young people 5-18 who are carers for a parent or close family member.

To talk to someone about caring contact:

Young Carers Support Team
Oswald House
74 Oswald Rd,
Scunthorpe
DN15 7PG



Phone: 01724 407988

'Time to talk, someone to listen'

" A child becomes a 'young carer' when the level of care-giving and responsibility to the person in need of care becomes inappropriate for that child and impacts on his or her own emotional or physical well-being or educational achievement and life chances"

The North Lincolnshire Young Carers Support Service can:

- Support to complete a self assessment to identify the young persons needs in relation to the caring they provide
- Help to find the right support for the young carer and their family
- Opportunities to have a break from caring responsibilities, meet other young carers and share experiences
- Advice & support in coping with feelings and self care
- Regular consultation about what young carers want & need from the service

North Lincolnshire Young Carers Support Service



Useful contacts for Young Carers



No need to cope alone!

▶ **Other useful contact numbers**

CAMHS - Children & adolescent mental health, referral process 01724 408460

Children & family support services 01724 296500

Lindsey Lodge Teen Support Group for 11-18yrs olds supporting a family member with cancer
01724 270835

YICU - Counselling for ages 13-25
01724 281824

Empathy - Advice & support for families of drug & alcohol users 07592395127

NHS Healthline— When you need medical help fast.

Call 111 when it's less urgent than 999



▶ **Useful websites**

www.youngcarers.net - This is a good general website with discussion boards, web chat, forums, video clips.

www.macmillan.org.uk - specific advice and support relating to cancer

www.samaritans.org - Confidential helpline

www.youngminds.org.uk - mental health issues

www.bullying.co.uk - information about online bullying

www.coap.org.uk - for carers of parents with addictions

www.nacoa.org.uk - NACOA for children of alcoholics.



www.nhsdirect.nhs.uk—detailed information & advice on medical conditions

www.nhs.uk—your health, your choices. Information about services, care and support near you.

