

**DO YOU KNOW A  
YOUNG PERSON LOOKING  
AFTER SOMEONE WHO  
NEEDS EXTRA HELP?**

**IT'S LIKELY THEY  
ARE A YOUNG CARER**



Young carers often don't know they are Young Carers.

They can face additional hurdles in getting through school and further study, building friendships, finding a job and looking after their own mental wellbeing. Many don't know support is available.

## **YOU CAN HELP**

Let them know free help is out there. The sooner Young Carers receive support, the sooner they can thrive.



## THE FACT IS, YOU PROBABLY ALREADY KNOW A YOUNG CARER

**4**  
**YEARS**  
**OLD** → **25**  
**YEARS**  
**OLD**

A Young Carer could be as young as four years old and is considered to be a Young Carer until they are 25

Young Carers can  
**SHARE**  
the caring responsibilities  
or can be a primary carer

On average there are  
**2** **YOUNG**  
**CARERS**  
in every Australian  
classroom

### THEY MIGHT BE A FRIEND

Many young people with  
mental health challenges turn  
to a friend. That friend can  
become a Young Carer.

Young Carers support people with:

- ✓ **MENTAL HEALTH CHALLENGES**
- ✓ **DISABILITIES**
- ✓ **CHRONIC ILLNESSES**
- ✓ **AGE-RELATED CONDITIONS**
- ✓ **SUBSTANCE USE ISSUES**

They help with:

- ✓ **PERSONAL CARE**
- ✓ **MEDICATION & APPOINTMENTS**
- ✓ **MANAGING HOUSEHOLDS**
- ✓ **TRANSLATING**
- ✓ **WELLBEING & SAFETY**

## WHAT DOES THIS MEAN FOR THE YOUNG CARER?

Many Young Carers feel rewarded and enjoy their caring role, learning compassion and empathy and developing an incredible bond with those they support.

But, it can also have less positive impacts on their lives:

- Demands on their time mean they may be regularly late for school or miss the day entirely, which can affect their ability to succeed as learners
- They may feel lonely and isolated, with no time to make friends, or spend time with them
- They may find it very difficult to get and keep paid work
- They may experience chronic stress and mental health challenges, like anxiety or depression

These all add up to lifelong effects for Young Carers.

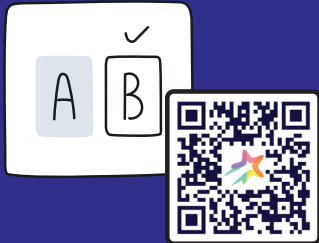


# HOW YOU CAN HELP

Young Carers might not identify as carers.

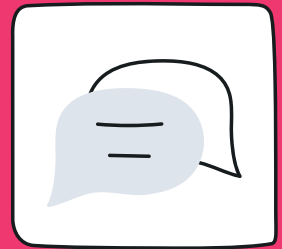
Some use different words to describe what they do. Others may worry about the effect on the person they care for or the potential to be removed from family if they reveal their caring role.

Language and cultural differences can also make it harder to get support.



**HELP THEM FIND OUT IF THEY'RE A YOUNG CARER, VIA LITTLE DREAMERS QUIZ**

**ASK ABOUT THEIR HEALTH AND WELLBEING**

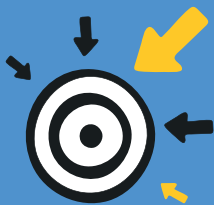


**TALK WITH THEM ABOUT TOPICS FROM THIS FACT SHEET**



**IF YOU WORK WITH PEOPLE WHO NEED CARE, MAKE SURE YOUR WORKPLACE HAS PROCESSES TO IDENTIFY ANY YOUNG CARERS INVOLVED**

**SUPPORT YOUNG CARERS AT WORK BY BEING FLEXIBLE AND PRIORITISING THEIR WELLBEING**



**REFER THEM TO ONE OF THE ORGANISATIONS LISTED ON THE NEXT PAGE**

**INVITE A YOUNG CARER ORGANISATION TO PRESENT AT YOUR WORKPLACE AND IMPROVE HOW YOU SUPPORT YOUNG CARERS**



# FREE SUPPORT FOR YOUNG CARERS

These organisations support carers



Arafmi provides free support for mental health carers in Queensland, including a 24-hour Carer Support Line, individual and group support, workshops, events and respite accommodation.

1300 554 660  
[arafmi.com.au](http://arafmi.com.au)



Carer Gateway has Young Carer Specialists who can offer specialist support and funding to assist Young Carers in their role.

1800 422 737  
[carergateway.gov.au](http://carergateway.gov.au)



Carers Queensland provides free information and advice to help Young Carers stay well, stay learning or earning, and to stay connected just like other kids their age.

1300 747 636  
[carersqld.com.au](http://carersqld.com.au)



Eating Disorders Queensland provides individual coaching sessions, groups, programs, and workshops for carers, including Young Carers, online and face-to-face.

07 3844 6055  
[eatingdisordersqueensland.org.au](http://eatingdisordersqueensland.org.au)



Head to Health Kids – Queensland (Brisbane) supports children aged 0–12 and their families with mental health, developmental, behavioural, and emotional challenges.

[www.childrens.health.qld.gov.au/  
services/head-to-health-kids](http://www.childrens.health.qld.gov.au/services/head-to-health-kids)



Headspace supports young carers (12–25) who help a family member or friend with a mental health condition, offering online and phone services to manage challenges.

1800 650 890  
[headspace.org.au](http://headspace.org.au)



Kids Helpline, powered by yourtown is Australia's only free and confidential, 24/7 online and phone counselling service for young people aged 5–25.

1800 55 1800  
[kidshelpline.com.au](http://kidshelpline.com.au)



Australian Kookaburra Kids Foundation supports Young Carers impacted by family mental illness, by providing camps, activity days and online support to enhance their mental health, resilience, help seeking behaviours and connection to others in similar circumstances.

1300 566 525  
[kookaburrakids.org.au](http://kookaburrakids.org.au)



Little Dreamers is Australia's leading organisation supporting all Young Carers aged 4–25 through free counselling, coaching, peer support and school holiday programs.

1800 717 515  
[littledreamers.org.au](http://littledreamers.org.au)



Mind Blank uses interactive theatre and arts to build mental health skills, covering topics like anxiety, depression, relationships, cyberbullying, and stress.

0468 912 399  
[mindblank.org.au](http://mindblank.org.au)

To find out more contact the  
Queensland Young Carer Network:

[carersupport@arafmi.com.au](mailto:carersupport@arafmi.com.au)