

How to Get Involved

Young Carers Awareness Day is on 31 January 2019. It is a day to recognise young carers across the UK who look after loved ones and family members who cannot look after themselves.

We are focusing on the theme of mental health in 2019. The pressures of caring can lead to mental health problems, anxiety and stress. That's why we are asking for more support for young carers and their wellbeing.

What everyone can do



Text YCAD19 £5 to 70070 to donate to Carers Trust and support vital services for young carers.

Show your support for young carers on social media. Draw the number **1** on your hand, snap a selfie and share it on Twitter using the text below! Have a look at examples on [Carers.org/careformetoo](https://www.carers.org/careformetoo).



#1in5 secondary school pupils care for a family member – it can be lonely and stressful and lead to mental health problems. For **#YoungCarersAwarenessDay** I'm backing @CarersTrust's **#CareForMeToo** campaign to help **#YoungCarers** get the support they need. goo.gl/zY6yYn

Tag someone **you** care about and ask them to tweet their support for the **#1in5** too!



You can also tweet your support for young carers by using the hashtags **#YoungCarersAwarenessDay** and **#CareForMeToo**. You might want to say something like:

Young carers are saying **#CareForMeToo** this **#YoungCarersAwarenessDay**, and I'm listening. Let's make sure **#YoungCarers** get the support they need for their mental health.

Visit [Carers.org/YCAD2019](https://www.carers.org/YCAD2019) and [Carers.org/careformetoo](https://www.carers.org/careformetoo) for more information.

If you're a Carers Trust Network Partner or young carer service

Request a **#CareForMeToo** campaign pack! The pack has suggestions of fun ways to get young carers thinking, talking and making some noise about their mental health by saying **#CareForMeToo** this Young Carers Awareness Day.

See [Carers.org/careformetoo](https://www.carers.org/careformetoo) for more details.



Parliamentarians, commissioners and local councillors

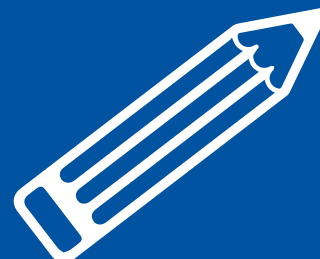
Put up a Carers Trust or local carer service poster in your local office. See [Carers.org/young-carers-awareness-day-2019-resources](https://www.carers.org/young-carers-awareness-day-2019-resources).



Visit your local carer service and listen to the experiences of young carers in your community.

Schools and teachers

Use suggestions from our poster – What you can do to mark Young Carers Awareness Day. See [Carers.org/young-carers-awareness-day-2019-resources](https://www.carers.org/young-carers-awareness-day-2019-resources).



GPs or other health professionals

Put up a Carers Trust poster in your practice to raise awareness and encourage visitors to ask about services to support carers. See [Carers.org/young-carers-awareness-day-2019-resources](https://www.carers.org/young-carers-awareness-day-2019-resources).



Please also:

Respond to any requests you've had from young carers in your area about young carers' mental health this Young Carers Awareness Day. Or request to visit and meet with your local young carers group.

What you can do in Wales

In Wales, you can also support Carers Trust Wales' work with Welsh Government to deliver a national Young Carers ID card as part of marking Young Carers Awareness Day 2019. For more information, please contact wales@carers.org.

For more information, contact campaigns@carers.org or visit [Carers.org/YCAD2019](https://www.carers.org/YCAD2019)

