

#CareForMeToo

#CareForMeToo is Carers Trust's campaign to raise awareness of and improve support for young carers' mental health.

About young carers and their mental health

How many young people are involved in caring for a family member?

One in five secondary school pupils in England has a caring responsibility.



Are young carers more likely to experience problems with their mental health than their peers?



Yes, young carers in England are more likely to have an emotional disorder, such as anxiety or depression, than their peers.

39% of young adult carers in England are living with anxiety or depression, compared with 28% of young people without a caring role.

Does having a caring role impact on the wellbeing of young people?

48% of young carers in England say their caring role makes them feel stressed.

46% of young carers in Scotland said their caring role makes them feel very lonely.



Are young carers getting the mental health support they need?

No. Young carers often struggle to get support to address their mental health needs or the wider issues they experience as a carer.

Young carers can struggle to get appropriate mental health support that addresses the issues arising from their caring role.

Find out how you can support the campaign and take action to support young carers' mental health by visiting [Carers.org/careformetoo](https://www.carers.org/careformetoo).