



Young carers and mental health

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Carers Trust works to transform the lives of unpaid carers. It partners with its UK-wide network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes, raise awareness, and influence policy. Carers Trust's vision is that unpaid carers are heard and valued, with access to support, advice and resources to enable them to live fulfilled lives.

Carers Trust hosts the Young Carers Alliance, a network of over 185 organisations and 450 individuals committed to improving identification and support for young carers and young adult carers. Carers Trust also hosts the Scottish Young Carers Services Alliance, an informal network of young carers services across Scotland. It has 51 members who provide support to young carers.

What impact can caring responsibilities have?

- ❑ 44% 'always' or 'usually' feel stressed because of being a young carer or young adult carer
- ❑ 27% either 'never' or 'not often' feel they get enough sleep.
- ❑ 40% of young carers and young adult carers said caring 'always' or 'usually' affects how much time they can spend with their friends.

“Caring never stops. Especially when it’s time to sleep, your brain constantly worries about how tomorrow will be, hospital appointments, money etc. It’s in overdrive.”



**BEING A YOUNG CARER
IS NOT A CHOICE;
IT'S JUST WHAT WE DO.**

THE VOICES AND EXPERIENCES OF YOUNG CARERS
AND YOUNG ADULT CARERS FROM ACROSS THE UK

March 2023

**CARERS
TRUST**

COSMO longitudinal study

- 25% of young carers reported having self-harmed (compared to 17% of young people with no declared caring responsibilities)
- 17% of young carers who reported self-harming, did so in an attempt to end their life (compared to 7% of young people with no declared caring responsibilities)

ME-WE study (Cross-European)

- Around 30% of adolescent young carers think about self-harming
- 56% said their mental health had deteriorated because of caring responsibilities

GP Patient Survey

- Young adult carers (16+) are more likely to experience feelings of isolation compared to young people who do not have caring responsibilities

But why???

- Nationally, there are nearly 15,000 children and more than 32,000 young adults (aged 18-24) caring for over 50 hours a week
 - More than half (51%) reported spending 20-49 hours of caring per week. 56% said the amount of caring they provide has increased in the past year.
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- Nationally, that near 15,000 figure includes more than **3000 children aged 5 to 9** who are caring for more than 50 hours a week



- ❑ [Young Carers National Voice - Template wording for mental health service referral forms \(caringtogether.org\)](#)
- ❑ [Top tips for mental health professionals \(caringtogether.org\)](#)

1.4
million

NHS

Norfolk and Suffolk
NHS Foundation Trust





Thank you
Any questions?

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