


Am I A Young Carer?

Let's find out!

Check each box that applies to you below to identify if you're a Young Carer!



I am 25 years old or younger



I have a family member with a chronic or mental illness, disability, addiction, or who is frail aged




I do chores such as cooking, cleaning, and grocery shopping because my family member/s cannot



I often miss school or social activities to take care of my family member/s



I often put the needs of family member/s before my own

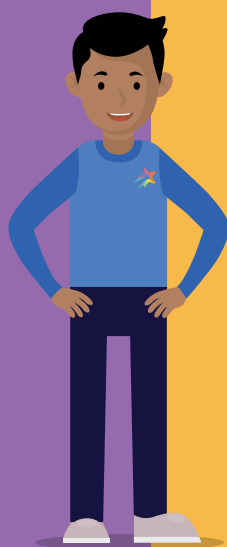


I worry more about my family member/s than myself

If you ticked the first two boxes, and any/all of the other boxes around them, you probably are a Young Carer.

What support is available to me?

- Fun school holiday programs and overnight camps
- Help with your schoolwork
- Group sessions to connect with other Young Carers
- Leadership and personal development workshops and opportunities
- One-on-one support and guidance for any life challenges you might be facing



How can I access support?

There are lots of free programs you can access as a Young Carer!

Little Dreamers - supporting Young Carers aged 4 to 25 with programs focussing on respite, health and wellbeing, social connection, education and employment and financial literacy.

Contact: 1800 717 515 | www.littledreamers.org.au

Carer Gateway - a national service, available to talk through what you need and link you to local services and supports to help you.

Contact: 1800 422 737 | www.carergateway.gov.au

Satellite Foundation - connects children and young people where a family member has a mental illness or experiences mental health challenges.

Contact: 1800 422 737 | www.carergateway.gov.au