



Supporting the Wellbeing of Young Carers

Chloe Alexander (Carers Trust)
Charlie Byrne (Young Carer Champion)
Shahid Khan (Rethink Mental Illness)
Luella Moody (The Children's Society)
Melissa Moody (Young Carer Champion)

Introductions



Chloe Alexander, Carers Trust

Policy and Campaigns Officer (Young Carers and Young Adult Carers)

calexander@carers.org [@chloealexander0](https://twitter.com/chloealexander0)

Shahid Khan, Rethink Mental Illness

Mental Health Promotion Officer

shahid.khan@rethink.org

Luella Moody, The Children's Society

Participation Worker: Young Carers in Focus

Luella.Moody@childrenssociety.org.uk

[@ycif_tweets](https://twitter.com/ycif_tweets)

What is wellbeing?

Campaigning to improve the mental health of young carers

Are policies and services meeting the needs of young carers?

- Local transformation plans
- Transform Our Mental Health Campaign
- Including young carers in plans for improving children's mental health services
- The Invisible and in Distress report
www.carers.org/invisible

**Why should local plans on
mental health include young
carers?**

**What are the key barriers to
mental health support for
young carers?**

Group discussion

What do you think your local plan for mental health services should include in order to improve the mental health of young carers in your area?

Each group to write each of your key points on a post-it notes. Aim for three points.

Feedback to the group after 10 minutes.

Video about the wellbeing of young carers

Young carer champion:

How my emotional wellbeing has been affected as a young carer.

Resources

- Young carers and accessing support
- Rethink and YCIF
- Resources to support young carers' discussions with professionals

- Online network for young carers www.makewav.es/ycif
- Online support run by Carers Trust - Babble.carers.org and Matter.carers.org

Summing up



Thank you

Chloe Alexander, Carers Trust
Shahid Khan, Rethink Mental Illness
Luella Moody, The Children's Society

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32–36 Loman Street, London SE1 0EH.

The Children's Society. Charity Registration No. 221124.
© Carers Trust and The Children's Society

Follow us on twitter
@CarersTweets
@childrensociety



Like us on Facebook



www.carers.org
www.youngcarers.net
www.childrensociety.org.uk