



**carerstrust**  
**St Helens Young Carers Centre**  
action · help · advice



**A young carer is a child or young person who looks after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse.**

**They may have to do:**

- Cooking
- Cleaning
- Shopping
- Looking after siblings
- Giving medication
- Helping them to wash/dress
- Listening to their worries

**It may affect them by:**

- Worrying about person
- Late for school
- Poor attendance at school
- Feel lonely and isolated
- Unable to do homework
- Unable to spend time  
with friends

**St Helens Young Carers Centre supports hundreds of local Young Carers between the ages of 6 and 18 and is a free and confidential service.**

**For information telephone: 01744 677 279**

**Email: [info@sthelenscarers.org.uk](mailto:info@sthelenscarers.org.uk)**

**Web: [www.StHelensCarers.org.uk](http://www.StHelensCarers.org.uk)**