

Are you a young carer

Taking care of someone else, even someone we love, can be tough. It's important that you are also making sure you are looking after your own wellbeing.

Getting support

It can be hard to care for someone else while trying to find the time to go to school, take part in clubs and spend time with your friends. Being a young carer can cause stress and low mood, as well as lead to feelings of loneliness. There are services available for you to talk to and get help from.

Online support

- [NHS advice](#)
- [Sense](#)
- [Young Minds](#)
- [Sidekick](#)
- [Kooth](#)
- [Childline](#)

Local services

- [Crossroads](#)
- [Citizen's Advice Bureau](#)
- [IOM Government Carers' Strategy](#)
- [IOM Government Carers' Charter](#)
- [Talk/Isle Listen](#)