



Staffordshire  
Together for Carers  
Service

# Could you be a YOUNG CARER?

Do you help look after someone in your family who is unwell, disabled, have a mental health or substance misuse issue. Do you...

It is estimated there are  
**700,000**  
Young Carers  
in the UK,  
many unaware  
of the impact  
that caring is  
having on  
their lives



If so, then you could be a Young Carer, and **we can help you**. You are not alone, about **one in 12 high school students are Young Carers**. If you think you are a Young Carer there is support available. **Letting someone in school or us know could help you** get some support. Staffordshire Together For Carers supports Young Carers aged 5-18 through **information, advice, one to one and group activities**.

**In your school you can speak to:**

Eve Kirkham [ekirkham@hempstalls.staffs.sch.uk](mailto:ekirkham@hempstalls.staffs.sch.uk)

For support or more information  
about accessing support:

Staffordshire Together for Carers  
T: 0300 303 0621

E: [enquiries@staffordshiretogetherforcarers.org.uk](mailto:enquiries@staffordshiretogetherforcarers.org.uk)



To access a Young Carer's Assessment contact:

Staffordshire County Council Young Carers' Team  
T: 01785 278444

E: [firstcontactcarers@staffordshire.gov.uk](mailto:firstcontactcarers@staffordshire.gov.uk)

n|compass  
towards a lighter future

Staffordshire  
County Council

NHS  
Staffordshire Clinical  
Commissioning Groups

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