You care, we care.

Are you a young carer?

Are you helping to look after someone in your family or a friend? You may be caring for your own child. You may be looking after someone with disability, a mental health issue, chronic illness, or someone who is frail.

If you are, then you may be a young carer.

What do young carers do?

If you are a young carer, you may be helping your loved one in many different ways.

You might be helping them to:

- get to their medical appointments or take their medication
- wash themselves or manage their personal care
- do their shopping, cooking or cleaning.

How you help the person you are caring for will usually depend on what that family member or friend needs and what you are physically, emotionally or financially able to do.

Are you worried about being a young carer and finishing your education?

Being a young carer is an important part of your life. It's also important for you to look after yourself and make time to do work for school so you can achieve your goals and finish your education.

Your teachers and other staff at your school can help by offering advice and support so you don't become overwhelmed or think that it's just easier to give up on school.

What type of advice or support can your school provide?

Your school can work with you to develop a student plan that outlines what you need, what you want to achieve and the types of information or support the school can provide to help you achieve your goals.

For example, your plan might include things like getting help with assignments, quiet time out of class or catch-up lessons.

Your teachers and other staff at your school, such as the guidance officer, can give you information about websites and organisations that offer support just for young carers, such as Young Carers Queensland.

Why is it important for you to get support?

There are some really good reasons why you should ask staff at your school for support.

When you are feeling good, both mentally and physically, then you'll be better able to care for, or help care for, your family member or friend.

Also, if you’re supported to stay at school and finish your education, you’ll be in a much better position to achieve future goals like getting a job, going to TAFE or uni or doing an apprenticeship.

Who can you ask for help?

You can talk to your teachers and other staff at your school, including the guidance officer, about getting advice and support so you can get to school, do your study and succeed in your education. Staff at your school are there to create a supportive environment so you can achieve your goals and finish your studies.

Your teachers and other school staff will listen and try to understand what's happening in life outside of school and can help you feel like you’re not alone and that someone is there to help you.