



# Hillingdon Carers Partnership

Working together for unpaid carers



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## Factsheet 5

# Where to get help (Young carers/ YACs)

### **Children's Society**

[childrenssociety.org.uk](http://childrenssociety.org.uk)

A list of resources covering advice for supporting young people's mental and emotional well-being and blogs by young people with advice and information for dealing with the lockdown.

### **Mind**

[mind.org.uk](http://mind.org.uk)

Covers practical advice for staying at home, taking care of your mental health and support for work, benefits and housing

### **Childline**

[childline.org.uk](http://childline.org.uk)

Information on what Corona virus is, tips to cope during lockdown, what to do if you're feeling unwell, coping with schools closing and help if you're worried.

### **The Prince's Trust**

[Princes-trust.org.uk](http://Princes-trust.org.uk)

Information on the Princes Trust's services during lockdown. They are continuing to offer 1:1 support with education and employment including work placements in the health and social care industry.

### **Kooth**

[Kooth.com](http://Kooth.com)

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

### **YoungMinds**

[youngminds.org.uk](http://youngminds.org.uk)

Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic

## Stem4

[stem4.org.uk](http://stem4.org.uk)

Free COVID-19 mental health resources for teenagers, parents, teachers and health professionals.

## The Mix

[www.themix.org.uk](http://www.themix.org.uk)

Support for under 25s with mental health, money advice, homelessness, employment and drugs.

## Young carer's competition

Take part in our **competition for young carers!**

It involves sharing your experiences of this time with either:

- A picture you have drawn or painted;
- A photo you have taken (with a caption);
- Pictures of anything you have created (with a caption);
- A story, poem, or piece of writing you have done.

**There are prizes to be won – a £20 voucher for the best work and £10 for one that's a close second! The deadline for entries is Friday 15th May 2020 at 5pm. To enter send your submission via email to [jo@hillingdoncarers.org.uk](mailto:jo@hillingdoncarers.org.uk) and put 'competition' in the subject line and include your name (first name and surname) and age in the email. Good Luck!**



**For more information about our services please contact us on:**

**Telephone:** 01895 811206

**Email:** [office@hillingdoncarers.org.uk](mailto:office@hillingdoncarers.org.uk)

**Website:** [www.hillingdoncarers.org.uk](http://www.hillingdoncarers.org.uk)