

# Resources for Young Adult Carers (18–24)

Support & Advice  
Health & Wellbeing  
Careers & Benefits  
Stress Busting Tips





# Support & Advice

Often as a carer you can feel very alone and feel like you have no one to turn to for advice. You may have questions, practical issues or emotional issues but not know who to ask for help. Bright Futures have put together a comprehensive list of organisations that provide support and advice.



For further information about any of the following support services please either contact the Bright Futures Transitions Worker for your area (contact details can be found on the 'contact us' page of the website) or use the specific contact information detailed within each listing.

## Devon Carers

Devon Carers is an information and support service run by eight organisations working together to improve the quality of services for all carers in Devon.

Benefits to carers include:

- a regular newsletter with information about events, groups and training in your area;
- a Carer Alert Card to ensure the person you care for gets help if something unexpected happens to you;
- contact with someone to give you advice and support; and,
- help to access time off from caring.
- Carer Health and Wellbeing Checks – these provide a free and confidential check up covering many different aspects that may impact on your health and wellbeing as a carer. It offers an opportunity to look at your physical health, stress and mental wellbeing, and the challenges of caring, as well as a chance to raise any worries or concerns you have about your health with a trained professional. You can book via the website or telephoning the number below. This check can also be done through your GP practice.

Devon Carers is free to join and further information is available on the website: [www.devoncarers.org.uk](http://www.devoncarers.org.uk)  
Helpline (open Monday-Friday 8am to 6pm and Saturday mornings 9am to 1pm) **08456 434 435**

## Citizens Advice Bureau (CAB)

The Citizens Advice service helps people to resolve their problems. As the UK's largest advice provider they are equipped to deal with any issue, from anyone, spanning debt and employment to consumer and housing plus everything in between.

You can access this advice in several ways:

Online – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

By telephone – **03444 77 20 20**

At your local CAB office – you can search for your nearest one on the website.

## Devon County Council (Adult Social Care)

The Devon County Council adult social care website has a wealth of information for carers:

<https://new.devon.gov.uk/adultsocialcareandhealth/>

Alternatively you can request a factsheet from your local Transitions Worker.

## Carers Direct

You can call the Carers Direct helpline on **0300 123 1053** if you need help with your caring role and want to talk to someone about what options are available to you. For full details of the helpline click [here](#).

## NHS Choices

The NHS Choices website has a full guide for people who have care and support needs, their carers and the people who are planning for their future care needs, visit: <http://www.nhs.uk/carersdirect>

## Carers Trust (formerly The Princess Royal Trust for Carers)

Provides advice and support to carers, including information about some of the major conditions that might be affecting the person you care for. Further information is available on the website: [www.carers.org](http://www.carers.org)

## Carers UK - The Voice of Carers

Provides information, advice and support for carers and their families. Carers can phone their advice line on 0808 808 7777 or visit website for further information: [www.carersuk.org](http://www.carersuk.org)

"You are not a burden.  
You **HAVE** a burden,  
which by definition is  
too heavy to carry on  
your own."



# Health & Wellbeing

**YOU ARE  
SO MUCH  
MORE  
THAN  
YOU  
KNOW**

## **Depression and Anxiety Service (Devon Partnership NHS Trust)**

The service is for people who are 18 years and over who are feeling stressed, anxious, low in mood or depressed. Your GP can refer you or you can refer yourself. See [www.devonpartnership.nhs.uk](http://www.devonpartnership.nhs.uk) for contact details for your area.

## **Health Trainer Service (Health Promotion Devon, NHS)**

Health Trainers are available for appointments on an individual basis with over 16s to discuss and suggest action to develop a more health-enhancing lifestyle. They can help you with many health issues; lose weight, stop smoking, be more active, improve your emotional wellbeing etc. For further information see the [www.healthpromotiondevon.nhs.uk](http://www.healthpromotiondevon.nhs.uk).

## **Health Talk**

healthtalk.org provides free, reliable information about health issues, by sharing people's real-life experiences and has a section dedicated to young peoples health. See the [www.healthtalk.org](http://www.healthtalk.org) for more information.

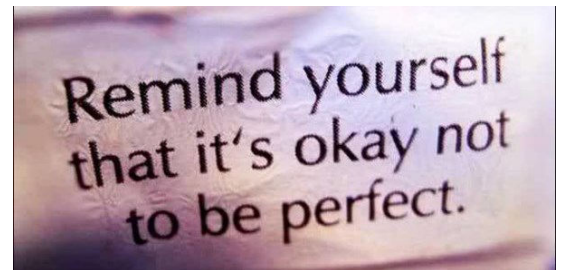
## **Beat**

The UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. The [www.b-eat.co.uk](http://www.b-eat.co.uk) is full of information; types of eating disorders, local support groups, research etc. They also have a dedicated helpline for the under 25s **0345 634 7650**

## **MIND**

Mind provide advice and support to empower anyone experiencing mental health issues:

- Information on types of mental illness
- Details of the treatments available
- A guide to the support and services available to those suffering for mental health issues
- Tips for living day to day when living with mental illness
- A guide to your legal rights



For full information please visit the website: [www.mind.org.uk](http://www.mind.org.uk)

## **Get Connected**

A free confidential helpline service for young people under 25 who need help.

0808 808 4994

Their volunteers can offer emotional support and signposting to more specialist help, if required.

See the website: [www.getconnected.org.uk](http://www.getconnected.org.uk) for full details.

## **Brook**

Brook provided free and confidential sexual health and wellbeing services for young people in the UK.

For full information on their services and the different ways you can get in touch please visit their website;

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

## **Frank**

Confidential advice on all aspects of drugs and addiction, including alcohol.

Via their helpline 0300 123 6600 or via text 82111.

You can also contact via email or an online chat.

See the website for more details [www.talktofrank.com](http://www.talktofrank.com)

## **Smokefree**

NHS help and advice on giving up smoking: [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)



# Careers & Benefits

## Benefits

If you are unable to work because of your caring role, or you do work but your income is limited, there are many benefits that you and your family may be entitled to.

Click on each link to find the full details of eligibility and how to claim.

[Carers Allowance](#) - for those not in full time education, earning over £100 a week and caring for someone for 35 hours a week.

[Income Support](#) - for those unable to work due to their caring role or an illness

[Employment and Support Allowance \(ESA\)](#) - for those whose ability to work is limited by ill health or a disability

[Jobseekers Allowance \(JSA\)](#) - for those able to work and searching for employment

[Disability Living Allowance \(DLA\)](#) - for disabled people to help with extra costs they may have because they are disabled

If you think you may be entitled to any of the above benefits you can call the Jobcentre Plus contact centre on 0800 055 6688 and discuss or visit your local jobcentre Plus.

[Working Tax Credit](#) - for those in work earning below a certain amount

[Child Tax Credit](#) - for those responsible for a child under 16 (or under 20 if they are in education/training)

To claim any tax credits call the Tax Credit Helpline **0345 300 3900**

[Housing Benefit](#) - for those on a low income and paying rent., contact your local council to make a claim.

[Reduction in the amount of Council tax you have to pay](#) - check with your local council if you can reduce the amount you have to pay based on your circumstances and income.

## Help with Health Costs

These include free prescriptions, glasses, dental treatment, (or help towards them) visit the [NHS Website](#) for full details of what you may get help with and how to claim it.

## Jobcentre Plus

If you want to start or return to work, there are lots of things to consider and many schemes that can help you as a carer.

You may need to work to earn money. If you haven't worked at all or for some time, this can be daunting. You may have lost your confidence, or feel you have the skills you need.

The kind of support that's available to help you ease back into the workplace includes:

- training, guidance and work placement programmes
- work experience, volunteering and job trials
- help with starting your own business
- help with child care or caring responsibilities

If you are a carer and want to return to work, you may be able to get help from Jobcentre Plus. Through the Work Preparation Support for Carers which scheme offers advice and training.

You may also be able to get replacement care paid for while you are taking part in approved activities. For more information, contact your local [Jobcentre Plus office](#) or call the Jobcentre Plus phone service on 0845 6060 234 (Textphone: 0845 6055 255), Monday to Friday, 8am to 6pm).

## Careers South West

Careers South West helps all 13-19 year olds to get into learning and work. For further information about this service phone **0800 97 55 111** or visit the website: [www.careerssw.org/](http://www.careerssw.org/)

## Learn Direct

Provides support to help people learn new skills and undertake nationally recognised qualifications, either online or by attending one of their centres. For further information phone 0800 101 901 or visit the website: [www.learndirect.co.uk/](http://www.learndirect.co.uk/)



# Stress Busting Tips

Sometimes the pressure of caring for someone can lead to stress and fatigue, leaving carers feeling 'burnt out'. To prevent this and remain healthy it is important for carers to know how to manage stress.

- **Accept that there are things you cannot control or change** – Changing a difficult situation is not always possible. If this proves to be the case, recognise and accept things as they are & concentrate on all that you do have control over.
- **Take time out to relax and recharge your batteries** – Relaxation helps your body return to its normal healthy state.
- **Adopt a healthy lifestyle** – If we eat a healthy diet, exercise regularly and ensure we get adequate sleep & rest our body is better able to cope with stress should it occur. Exercise in particular works off the biochemical and physical changes that occur within your body due to stress. If you are having problems in any of these areas it is usually a warning sign, don't ignore it, ask for some help. Your body can fight stress better when you're fit.
- **Try to see things differently, develop a positive thinking style** – If something is concerning you, try to see it differently. Talk over your problem with somebody before it gets out of proportion. Often, talking to a friend/colleague/family member will help you see things from a different and less stressful perspective.
- **Learn to recognise what causes you stress** - Take time to discover what is worrying you and try to change your thoughts & behaviour to reduce it. A stress assessment can help you to fully understand the causes, implications to your health & how to manage, cope & make those necessary changes.
- **Avoid using alcohol, nicotine and caffeine to reduce stress** - Long term, these faulty coping mechanisms will just add to the problem. For example, caffeine & nicotine are stimulants, which can increase the stress response or even cause anxiety symptoms. Alcohol is a depressant.
- **Find time to meet friends** - A good support network can ease your troubles and help you see things in a different way. Having a good laugh with your friends also helps boost the immune system, which is often depleted during stress.
- **Learn to use stress management techniques** – for example, meditation, deep breathing and other relaxation techniques.



If you are still struggling to manage your stress levels and have not found these tips helpful it may be worth seeking professional help, for example from your doctor or other health professional. Alternatively, speak to your local Transitions Worker who will be able to give you further information about where to go for help.

Tough times  
don't last;  
Tough  
people  
do.