

## Young Carers Awareness Day 30 January 2020

Everyday across the UK thousands of young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Young Carers Awareness Day is an annual event, organised and led by Carers Trust, to raise awareness of challenges faced by young carers and to campaign for greater support for them.



**Recent research shows that one in five secondary school children may be a young carer. For many, their caring journey begins at a much younger age.**

**Caring for someone can be very isolating, worrying and stressful. For young carers, this can negatively impact on their experiences and outcomes in education, having a lasting effect on their life chances.**

## Get in touch with your local young carer service:



Through the **Count Me In!** campaign Carers Trust is calling on compulsory education providers to do more to proactively identify young carers and to ensure that they receive the recognition and support they deserve.

**If you work with young people and want more information on how you can support Young Carers Awareness Day 2020 and the #CountMeIn campaign visit [Carers.org/YCAD2020](https://Carers.org/YCAD2020).**



@CarersTrust  
@CarersTrustScot  
@CarersTrustWal



@carers.trust

**#YoungCarersAwarenessDay  
#CountMeIn**