

ME, Myself, My Mind

Information for young people
who live with someone
who has a mental illness



SEPT

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Introduction

Hello

Welcome to Me, Myself and My Mind.

We are all young carers, who together with staff at South Essex Partnership University NHS Trust, have used our own personal experiences to put this pack together. We decided to write the pack because we felt that there was very little information around for young people like us.

As a young carer information is one of the most important things you can have. With the right information you can make choices for you and your family, find out about a relative's illness or disability, or discover what and where appropriate support is available. Young carers are children and young people whose lives are in some way different because they provide care, assistance or support to another family member. The person they care for is often a parent but could be a brother, sister, grandparent or other relative. A young carer may be dealing with a range of situations, such as disability, chronic illness, mental health illnesses or problems with drugs or alcohol misuse.

Caring for other people at home can affect how you feel, and how much free time you have. This is why we decided this booklet needs to include all sorts of information that we would have liked to have had.

We hope you find it useful.

By the way

As a carer you have a choice about the jobs you do or would prefer not to do. Don't be afraid to ask for help - or to tell someone if you are struggling to cope.

Facts

You are not alone, there are more than 175,000 young carers in the United Kingdom (2001 Census)
Almost a third care for someone with a mental health problem

What is a young carer?

A young carer is a child and young person who may be dealing with a range of situations, such as helping someone take medication, collecting prescriptions, providing emotional support, helping with shopping, paying bills, collecting benefits, doing most of the cooking or cleaning, or looking after a sister or brother because a parent is ill or has a disability. Young carers are often responsible for someone else in their family in a way that most other young people aren't.

BUT REMEMBER YOU ARE NOT DIFFERENT OR STRANGE.

Caring for other people at home can affect how you feel, and how much free time you have. If you are still not sure if you are a young carer, read the following stories in this pack. These are the lives of ordinary young people, about your age, caring for people in various ways... could this be you, or someone you know?

Real Life Stories from Young Carers

Gary is 15 and has two younger brothers, who are autistic. The family struggles to manage because Gary's brothers are extremely demanding and require constant attention. Gary spends a lot of time looking after his brothers because his mother and father can't manage without his help.

(www.nhs.uk/carersdirect)



Did You Know?



- The average age of a young carer is 12
- Essex County Council estimates that there are 5,000 young carers in the county



What causes mental illness?

Although no-one really knows all the reasons why people become mentally ill some of the possible causes could be:

1. Life experiences: Sometimes things can happen in life which people can find hard to cope with like the death of a loved one, the break up of a relationship or losing a job.
2. Chemical imbalance: When chemicals in the body are not in balance the brain can send out the wrong messages. This can cause people to have strange thoughts or feelings or to behave oddly. Taking medication can help to restore a healthy chemical balance.
3. Family history: If there is a history of mental illness in the family this can sometimes mean that the children of the ill person may be a bit more likely to develop a mental illness. This does not mean that because someone in your family has a mental illness that you will get it too.

It can be really difficult to understand mental illness, especially when someone you care about is behaving strangely or thinking and saying strange things. In this pack we've tried to explain some facts about mental illness so that you can begin to understand it.

It is an illness.

Different kinds of mental illness

Just as there are different kinds of physical illness, like diabetes, there are different kinds of mental illness.

These are just some examples:

- Depression
- Bi-Polar Disorder (Manic Depression)
- Schizophrenia (Psychosis)
- Phobias
- Obsessive Compulsive Disorder
- Anxiety
- Eating Disorders
- Dementia

Sometimes people who experience mental illness may also have problems with: Self-harming or suicidal behaviour. Alcohol or street drugs



Disorders & Illnesses Explained

Eating Disorders

Being worried about your body shape or weight is very common.

For some of us these worries do not affect our happiness or result in dangerous eating or exercise.

For others it may result in an eating disorder, which is an illness. This means the person has unhealthy eating behaviour and/or incorrect ideas of body shape and size.

There are different types of eating disorders

Anorexia Nervosa:

People with Anorexia are often very underweight but believe that they are fat. They can have extreme weight loss which can be caused by strict dieting or sometimes by making themselves sick or doing too much exercise.

Bulimia Nervosa:

With Bulimia people long for lots of food and eat huge amounts at one go and then make themselves sick or take tablets called laxatives to get the food out of their bodies. They may appear to be in control of their lives but actually swing between eating far too much and starving themselves.



Disorders & Illnesses Explained

Bi-polar Disorder(Manic Depression)

When people have bi-polar disorder they have periods of time when they feel extremely high and happy followed by times when they feel really low and depressed. These feelings are difficult to control and are obvious, not like the usual ups and downs of life.

When people feel really good (called mania) they will have loads of energy and will want to keep on doing things. They find it difficult to sleep. This sometimes leads to people spending too much money or taking risks that they would not usually take when they are well.

Anxiety

Most of us feel a bit worried or anxious when we're doing exams or even when we meet new people. Sometimes this can push us to try a little harder which then helps us to cope a bit better when we face the same situation again. Anxiety is only a problem if people become so worried that it stops them from doing every day things like shopping or answering the phone. This level of anxiety can make people feel very unwell. People who have anxiety problems often get depressed as well.

Depression

When people have depression they can feel very low and unhappy. Some people feel very tired although they can't seem to get to sleep, whilst others seem to sleep for ages. Everything seems like a huge effort and this can make people feel like they're completely useless. Depression is much more than feeling a bit fed up. It can be so bad that some people with severe depression may feel like they want to kill themselves. If someone you know is feeling like this you should always take this seriously and tell a trusted adult.

Schizophrenia or Psychosis

Schizophrenia (or Psychosis) is likely to affect one person in a hundred. It is caused by an imbalance of chemicals in the brain. People with Schizophrenia may have to take tablets to get the chemical balance right. They may not be able to tell the difference between what is real and what isn't. This can lead to extreme feelings such as panic, anger, confusion, fear and anxiety.

Possible symptoms of psychosis are:

False beliefs (delusions): believing that people are spying on them or listening in on their phone conversations.

Hearing Voices: Voices may be someone they know or someone from the past. The voices can tell them to do all sorts of things and can be good or bad.

Muddled Speech and Thoughts: they may get the days muddled up or you might not understand the words that they say.

Loss of Feelings or Emotions: they may not react as you expect and may seem not to care.

Loss of Energy or Interest: which makes people behave out of character.

Personality Disorders

A long term disorder in the way a person feels, thinks, and behaves

It is not completely clear what causes Personality Disorders but previous trauma including mental, physical and emotional distress or abuse seem to be related to it.

There are many different types of Personality Disorders.

A person with Personality Disorders can become:

- paranoid
- less able to make friends and to socialise
- more nervous
- more emotional
- more dependent on other people
- angry very quickly
- likely to self-harm
- to have a sense of emptiness
- to have mood swings
- feeling switched off

Obsessive Compulsive Disorder (OCD)

OCD causes people to have obsessions or compulsions that they have to complete everyday or every hour or every minute depending on what it is e.g. some people can become obsessed with cleanliness, germs, tidiness and washing. People can have worrying thoughts that they can't get out of their head or they carry out repetitive actions that don't need to be done.

It can cause a lot of stress to the person if they do not do these things as it seems wrong or strange that they haven't done them. OCD can be very stressful for the rest of the family.

Phobias

Phobia describes when a person is totally overcome by a fear or anxiety about something. For example if a person is agoraphobic they are scared of open spaces. This can result in the person being too scared to leave their house. People can develop phobias about all sorts of different things.

Disorders & Illnesses Explained

Dementia

Dementia affects people's ability to remember, think and reason. Different people experience dementia in different ways. They may experience loss of memory and forget names, places and events. They may have difficulties with everyday tasks and feel sad, frightened and angry about what is happening to them.

Alzheimer's disease is one form of dementia. Dementia usually occurs in people in their mid 60's and older but people younger than this – in their 40s and 50s - can also be affected. Dementia generally gets worse with age, but the development of symptoms can often be slowed with drugs or other treatments.

Self-harm and suicidal behaviour

Self harm is when someone injures or harms themselves on purpose and there are a number of reasons why they might do this.

Sometimes it's because they are really sad or depressed and by hurting themselves they feel that they are releasing themselves from some of the pain and distress that they feel inside. Some people might want to punish themselves or do it because they hear voices telling them to.

Some people find things so difficult that they start to have thoughts about killing themselves. For many people, these thoughts are very secret, but other people might talk about it a lot.

It's important to remember that they are not doing it because of anything the young carer has done. They do it because of how they feel inside.

If you care for someone who self harms or feels suicidal, you should try to talk to them or to talk to their doctor, psychiatrist, or counsellor (if they have one).

If you are worried about their safety you should call 999

(from www.nhs.uk/carersdirect)

Alcohol and drugs

Lots of people drink alcohol or misuse illegal drugs or medicines to change the way they feel. Some people have a real problem with drink or drugs which means

- They find it difficult to stop using drink or drugs.
- They act in a strange or scary way when they have used alcohol or drugs.
- They need looking after when they use alcohol or drugs.

If you live in a home where drinking or drug-use is a secret from people outside the home, it can feel like:

- You are not sure what's going on.
- You don't know who to trust.
- You have lots of different feelings about what's happening.

Your family can feel that way because:

Adults and children can be scared about what will happen if they look for help. People in the family don't always keep their promises nor do what they say they will do. There are so many difficult feelings about the drinking or drug-use that it seems easier to pretend everything is okay.

From: Young Carers Net (www.youngcarers.net)

Who's Who?

Social worker gives advice to people who are experiencing problems in their lives and help to get the services they need. This might be things like help at home, counselling, money, and housing, a break from caring or giving you information about organisations that can help.

Approved Mental Health Professional (AMPH) is someone that has specialist mental health training. They help to decide when a person needs to be admitted to hospital, sometimes against their will.

Care co-ordinator is someone that co-ordinates those involved in caring for the person with mental health issues. The care co-ordinator must check out how family carers, including young carers, are coping and include them in the care plan.

Crisis Resolution and Home Treatment Team is a specialist team who help the person and their family at times of crisis. Where possible, this team provides extra support when it is needed, to keep people at home instead of being admitted to hospital.

Psychologist When people are going through a tough time it is sometimes recommended that they go and talk to someone who can help them with the way they think and feel about their problems. Psychologists, counsellors or therapists are people who have trained to help people talk through their problems.

Support Worker is someone who works with the care coordinator to help someone with their treatment and care. They may help people with a number of things such as helping them to go out, reminding them to take medication, helping to sort out bills, help to get back into work or listening to them.

Carer Support Worker is a type of support worker who works with a care coordinator to support families. They can support carers to get help they need such as help at home, counselling, break from caring, support groups, or information on organisations, like how to contact your local young carers support projects.

Family Doctor (GP) The Doctor will try to find out what the problem is and how it should be treated. This may mean writing a prescription for medicine or 'referring' the patient on to the Community Mental Health Team.

Community Mental Health Team

(CMHT) includes social workers, psychiatrists, community psychiatric nurses, psychologists, and occupational therapists. They should all work together to develop a care plan to help the person who is ill to get better.

Occupational Therapist (OT) helps people to regain their interests and skills and to build up their confidence. This helps them to get back to work and perhaps to gain new hobbies and interests which are great for good mental health.

Child and Family Consultation Service (CFCS) This service is for children, young people and their families. It is offered to children and young people who may be having problems with how they think, feel and behave. Members of the team include child & adolescent psychiatrists, clinical and educational psychologists, counsellors, art psychotherapists, social workers and nurses.

Psychiatrist: a trained doctor specialising in the treatment of mental health problems. They work out what the illness is, what treatment may be required and whether or not someone needs to go into hospital.

Community Psychiatric Nurse(CPN) is a nurse who has specialist training in mental health. The CPN visits people at home to provide support and advice when someone has a mental health problem. They keep an eye on the person's treatment and help to talk through any problems.

Community Drug and Alcohol Service (CDAS) Includes social workers, nurses, psychiatrists, psychologists, and counsellors. They all work together to help the person who has problems with drugs or alcohol to find ways to get better.



Do you always understand what professionals mean?

Here are some key words explained to help you out.

Referral means an agency passing details about someone onto another agency because they think they will be able to help, e.g. the doctor may refer someone to a psychiatrist or social worker who can help with things that the doctor cannot.



Advocacy is when someone helps you to get your viewpoint across to someone else. They help you to work out what you want to say, so that either you feel more confident to get the message across yourself or they can speak on your behalf. Perhaps this could be helpful if you feel you are not being listened to by people supporting the person you care for.



Confidentiality usually means that what you say will be kept private and not be passed on to anyone else without your permission. Always check out what someone means when they say they will keep information confidential. Most of the time professionals will not talk to other people about you unless you tell them they can.

However if you tell them that you or someone else are in danger or being harmed in some way they will pass this information on to the right people so they can protect and help you.



Respite Care means that someone else looks after the person you care for, for a short time. This could be in your home, a hospital, a residential home or day centre.



Care Programme Approach (CPA) explains the way that Mental Health services work. People with a severe mental illness are given a care co-ordinator who is responsible for making sure that they get the right treatment.

Care Plan This is a written plan explaining what treatment and care the person will receive to help them get better.

Outreach means someone will come and visit you, at home, school or somewhere different



Mental Health and the Law

Sometimes, when people become very unwell, they may not want to go into hospital. This may be because they don't believe they are ill or because they just don't want to go. If they do not receive care and treatment, their condition might get worse or they might be in danger of hurting themselves or others. In some cases mentally ill people can be admitted to hospital against their will under the Mental Health Act 1983, this is called 'sectioning'.

Different sections of the Act can be used for different circumstances.

There are a lot of 'sections' in the act. These are some (but not all) of the main 'sections' that are used when someone is very unwell:

Section 4 is for 72 hours. This is used in an emergency and allows the hospital to work out if the person needs to stay in hospital longer.

Section 2 is for up to 28 days. This is for a longer period of assessment. A mental health professional with two doctors need to put this in place; one must have mental health knowledge.

Section 3 is for up to six months. This allows the hospital to treat a person, usually with tablets, to make them better.

Section 136 This allows police officers to take a person with mental health problems to a 'place of safety' (usually a hospital). This only ever happens if someone is suspected of being in danger. Also it's for them to be assessed by a doctor and an Approved Mental Health Professional. This must be done within 72 hours.

Supervised Community Treatment

Where someone does not need to be in hospital, but still need to be under a section while living at home. This is to help them to take their medication and to stay out of hospital.

People can appeal against sections and have the period of time they have to stay in hospital reduced. The hospital can tell you all about how to appeal.

The law is very complicated. If you want to know more, please speak to a care coordinator, or a doctor who will be able to help you, or contact your local Young Carers Project. You'll find their number on the local contacts page at the end of this pack.

Facts

It is unlawful to discriminate against someone on the grounds of mental illness.

Facts

Over a third of young carers, care for someone with a serious mental health problem (mainly adults with anxiety or depression, and in the majority of cases, their mother).

Hospital Care: When a relative goes into hospital

The 'ins' and 'outs'

When the person you care for goes in to or comes out of hospital it can be a difficult time. Try to remember that a mental health hospital is just like any other where people who are really unwell can be treated and can begin to get better.

It's important to keep contact with the person who is in hospital and you should be able to visit them. Some hospitals have family rooms for visiting but in others you may need to ask for somewhere private to meet. If you can't visit, letters and drawings are a great way of letting the person you care about know that you're still there for them.

If your mum or dad needs to go into hospital it's important that you know who will look after you whilst they are away. It's good to talk about this, especially if the illness has a history of coming and going.

When people leave hospital they should have an 'aftercare' or 'discharge' CPA plan. The plan should help them to find their feet again by looking at what they need to cope at home. If you are a young carer, you should be asked if you can cope and what you need.

Sometimes the 'Home Treatment Team' can help someone to stay at home instead of going to hospital, by making sure that they have extra help when they are unwell.



Looking after yourself

Knowing your rights

All children and young people have rights: It's the law!

It's YOUR RIGHT to:

- be a child;
- be able to take a break and enjoy leisure time;
- have an education;
- be heard, listened to and believed;
- be protected from physical and psychological harm;
- have privacy and respect;
- information and advice;
- health and social care;
- be consulted and fully involved in discussions which affect your life;
- have services that value your different backgrounds, cultures, religions, races and sexualities.

*The Government's
Every Child Matters
document says that
every child must be able to:*

Be Healthy

Staying Safe

Enjoy and Achieve

Achieve economic well-being

Make a positive contribution

Your rights as a Young Carer

If the person you care for has a serious mental health problem, they are likely to be on the Care Programme Approach (CPA). The type of care you are giving may be more emotional support rather than physical but this counts as 'caring'.

As such you have the right to:

- an 'assessment' to check out what help and support you need;
- make choices about the amount of care you can give;
- practical help and support with caring;
- be recognised and treated separately to the person you care for;
- be listened to and involved when people make decisions that affects your lives;
- advice about what to do and who to contact in an emergency;
- some information about the illness and any side effects of the medication;
- information on advocacy and complaints procedures which you understand.

(Adapted from www.youngcarers.net)

You and your Feelings

When someone in your family has an illness, a disability or a problem with drugs/alcohol, you can have a lot of confusing feelings. It is normal to feel worried or have confusing feelings. Coping with your feelings on your own can be tough.




Remember
You are not different or strange!

Some problems won't go away on their own and maybe you worry about the person you look after day and night. But you can feel a lot better when you talk to someone about your worries.

You might want to talk to friends, parents, or a professional. If you are finding it hard to find the right moment to bring something up with someone, try writing it in a diary, a poem, or practice what you want to say by writing a letter first (you don't have to actually give them the letter if you don't want to!).

There may be opportunities in your local area for you to meet up with other young carers. This can be really helpful, particularly if you don't have anyone to talk to at home. It will also give you some important time away from the house, to socialise and have some fun with people of your own age. To find out about this kind of support, see the contact details on the 'Where do I go for help' section at the end of this pack.



It is important that you do not bottle things up. TALK to a trusted adult or friend.

"But, they don't like me leaving them alone....."

Sometimes the person you look after might ask you to stay with them when you want to go out. It can be hard to say no, especially if you are worried that they might not be safe by themselves.

REMEMBER, YOU CANNOT BE WITH SOMEONE 24 HOURS A DAY.

- The best way to keep someone safe is for them to get help from their care coordinator, doctor, nurse or a social worker.
- Make sure they have a list of people they could call in an emergency or things they could do to cope if they feel stressed.
- It helps to get family, neighbours or friends who can help out.
- If you worry about someone when you are at school, ask to be able to use the school phone to check up on them at break or lunchtime.
- Mobile phones can help you stay in touch with home.
- Always remember not to bottle things up and talk to a trusted adult or friend.

"I get worried that my parents might be getting worse - but no one listens to me"

Looking after yourself

When you live with someone with a mental illness you are often the person who knows the signs when they are getting ill, but who's out there to listen to your concerns?

If after you have spoken to all of the people mentioned before, you still don't feel that anyone is listening then ring your local Young Carers Project who will listen to your concerns and help you to identify who to tell. You'll find their number on the local contacts page at the end of this pack.

Remember, if you feel that you or the person you care about is in real danger then dial 999 and ask for the police.

Looking after you

When you're looking after other people it's very easy to forget about your own needs. However, it's very important that you have time to look after yourself properly, such as going to the doctor or dentist, keeping clean, eating healthily and regularly and having time to relax.

The following are good ways of keeping mentally and emotionally fit and well:

- Keeping physically active
- Eating well
- Drinking in moderation
- Valuing yourself and others
- Learning new skills
- Doing something fun
- Taking a break
- Talking about your feelings
- Keeping in touch with friends and loved ones
- Getting involved and making a contribution
- Asking for help

Remember
You are not responsible for your parents mental health but professionals, supporting your parents should listen to your concerns.

Are you being bullied?

Bullying is very upsetting and you may feel you can't cope. You need to talk about it.

It won't stop unless you do. It can be hard to do this so if you don't feel you can do it in person it might be easier to write a note to your parents explaining how you feel, or perhaps confide in someone outside the immediate family, like a teacher, grandparent, aunt, uncle or cousin and ask them to help you tell your parents what's going on.

If people are making nasty remarks about you then it may be because they do not understand your situation, or maybe they are just jealous. Perhaps you're better looking than they are or work harder or perhaps the teachers like you better. Bullies are cunning and think they can get away with it.

So, remember you need to tell someone you trust immediately what is happening.

A good website about dealing with bullies is Bullying UK on www.bullying.co.uk

TOP 10 TIPS

1. Make sure that you get a break and have lots of fun. Make sure you find the time to spend on things you enjoy, like going swimming or shopping or chilling with friends.
2. Don't bottle every thing up, talk to someone about how you are feeling.
3. Always remember that it is not your fault.
4. Try not to get into arguments when you feel angry, wait till things calm down, then it will be easier to get your point across.
5. If the person you care for says something strange or nasty to you, try and remember that this may be because they're ill. If their words or behaviour worries or hurts you, always tell a trusted adult.
6. Try to learn as much as you can about what is wrong with the person that is ill. Knowing more about their illness might help you to understand what they are going through.
7. Don't believe everything you read in the papers or see on the TV. When you know the real facts about mental illness you'll realise that they put all the dramatic stuff in but they often forget about every day reality.
8. When people say bad things about people with mental illness, it's probably because they don't understand. If you know the facts, you can help them to change.
9. Eat well and drink sensibly and accept who you are. Looking after your own health is really important.
10. Don't be afraid to ask for help. If you try to do everything, you might get ill yourself. Ask a relative, doctor or social worker to help if things are difficult to cope with.

Looking after yourself

Friends

It will really help you if you can talk to your friends about the situation you are in so that they know what's happening to you.

However you may be worried that your friends will behave differently to you if they know or they may even make fun of you.

It is important to think about whom you tell and how you explain it to them. If you have a close friend you trust, you may be able to sound them out and if they seem OK with it. Let them know how helpful it is to have a friend who listens.



So where do I go for help?

Does the person you look after get help from a Community Mental Health Team?

- Make sure that you have a telephone number of the care coordinator or any professional that supports your family, to call when you need advice or support.
- Make sure that you have a telephone number from your GP.

If you are not sure who is supporting the person you care for, or you have lost their contact number, you can contact:

Patient Advice Liaison Service (PALS) on 0800 0857 935

Monday to Friday 09.00 - 17.00. An answer phone is available at all other times
PALS provide information, support and guidance to all patients, carers and their families
You can also call Runwell Hospital switchboard for help on 01268 366 000 – anytime, 24 hours a day 365 days a year

For emergencies, please dial 999 immediately

Young Carer Projects in South Essex

Do you live in Essex (including Basildon, Brentwood, Castle Point, Rayleigh, Rochford)?

Contact Essex 08456 037 627

The first point of contact for information, advice and support for young carers in Essex. Staff can also refer you to your nearest Young Carers Project - or you can call them direct using the numbers on this website.

Young Carers Projects

Located in all areas of Essex. Young people are given practical help, emotional support, information and advice, as well as a regular opportunity to 'take a break' and socialise with other young carers in their area. Telephone: [01245 437 314](tel:01245437314)

Southend-on-Sea CHIL (Carers Have Individual Lives)

Young carers aged 10 – 19 years old meet on a regular basis.
For more information Telephone: [01702 293 780](tel:01702293780)

Contact Thurrock Council on to find out about young carers groups near to you.
Telephone: [01375 652 652](tel:01375652652)

If you have access to the internet some websites you can visit:

Connexions Direct: Are you 13 – 19 years old?

They can offer you all the information and advice you need to make the decisions and choices in your life. www.connexions-direct.com

The Hideout

This is a website for children and young people whose lives have been affected by domestic violence. www.thehideout.co.uk

Rethink - Website-based @ease is a new mental health resource for young people under stress or worried about their thoughts and feelings. www.rethink.org

NYAS (National Youth Advocacy Service) www.nyas.net

beat - is the leading UK charity for people with eating disorders and their families. www.b-eat.co.uk

Princess Royal Trust for carers is one of the big charities that support adult and young carers. They have videos, blogs, chat room discussion boards, carer stories, and lots of very useful information for young carers on www.youngcarers.net

Basildon Mind provides a youth counselling service (age 13 – 21)
Telephone: [01268 284 130](tel:01268284130)

NHS Direct

Provides information on health, illness, and range of services.
www.nhsdirect.nhs.uk

Bullying UK

Lots of information for young people on how to deal with bullying.
www.bullying.co.uk

Young Minds

www.youngminds.org.uk

Looking after yourself

Help Lines

Connexions Direct

Telephone: 080 800 13 2 19

Childline

Telephone: 0800 1111

Carers Direct helpline

Telephone: 0808 802 0202

Textphone on 0800 988 8657.

The helpline is open from 8am to 9pm Monday to Friday and from 11am to 4pm at weekends. Calls from UK landlines and Vodaphone, T-Mobile and O2 mobile phone networks are free. You can also email your questions to CarersDirect@nhschoices.nhs.uk, or send them by post to PO Box 4338, Manchester M61 0BY.

Basildon Mind

Provide a youth counselling service (age 13-21)

Telephone: 01268 284 130



Young carers is really cool

If you are big, tiny, or small

so come on down and have

some fun.

maybe sometimes you can
have a bun.

we go on trips all over
town.

And there's no time to ever
feel down.

Young carers is a really cool
place, and we can look up into
space.