



# Resource Library

---

# Young Carer Resources



<https://carers.org/downloads/scotland-pdfs/mental-health-toolkit.pdf>



[Young Carers in Schools](#)



[its-harder-than-anyone-understands-\(english-version\).pdf \(carers.org\)](#)



The hidden health service: Five-year-old children among one million young carers in the UK

[ITV Tonight - Young Carers - A Hidden Crisis - YouTube](#)



<https://www.childrensociety.org.uk/what-we-do/our-work/supporting-young-carers/facts-about-young-carers>

Click on the images to access resources



**Improving the identification and support of young carers**

[Training resources to help with improving the identification and support of young carers - Resources - Carers Trust](#)



The big ask voices shining a light on young carers

<https://www.childrenscommissioner.gov.uk/blog/the-big-ask-voices-shining-a-light-on-young-carers/>



Young Carers Development Trust

<https://www.ycdt.org.uk/>



<https://www.studyhigher.ac.uk/>

# Mental Health Resources



We all have mental health: animation & teacher toolkit : Mentally Healthy Schools



YoungMinds | Mental Health  
Charity For Children And Young  
People | YoungMinds



We All Have Mental Health (youtube.com)



Mental health and emotional wellbeing  
| Barnardos (barnardos.org.uk)

Click on the  
images to  
access  
resources



Child mental health: recognising and  
responding to issues | NSPCC Learning



Mental health | Childline



Useful contacts - 11-18 year  
old's mental health - Mind



The Mix - Essential support for  
under 25s

## Condition Specific Resources



[Home - Sibs](#)



[Support for young carers  
and siblings of disabled  
people - Sense](#)



[Helping young people affected by  
parental mental illness](#)

[Our Time | For children of  
parents with a mental illness](#)



[Home | Julia's House  
\(juliashouse.org\)](#)



[FMA UK - FMA UK - UK's National  
charity for fibromyalgia](#)



[What Is Epilepsy? | Epilepsy Foundation](#)



[Family Support - Prospect Hospice  
\(prospect-hospice.net\)](#)



[What is Arthritis - Arthritis Action](#)