

## Support for Young Carers and Families

### Helplines and support services:

- [Sidekick](#) is a confidential helpline for young carers in the UK. You can text or email the service about anything that's bothering you as a young carer. You'll hear back from a friendly Sidekick coach, usually within 24 hours.
- [The Mix](#) provides support for young people aged 25 and under on things such as mental health, relationships and money. It has recently launched an online group chat for young carers/young adult carers which takes place on Friday evenings.
- [knowyourrights.pdf \(carers.org\)](#) There are different rights for young carers and young adult carers for them to get support depending on their age. In this guide you can find out about what rights you have and how to get more support
- [Kooth](#) provides free anonymous online support for young people. You can read articles written by young people, speak with a counsellor and access support from the Kooth community.
- [Carers Leeds](#) provides support for unpaid carers aged 18+ including a helpline, 1:1 and groupwork support.
- [Speak to someone – Family Action \(family-action.org.uk\)](#) If you're feeling overwhelmed, worried or upset about any aspect of your family life, whether here in the present or something from your past, FamilyLine is here for you. We offer free emotional support, information and guidance on family relationships – including siblings – conflict, parenting, caring, financial worries and more. Open Monday-Friday, 9am to 9pm
- [Carers Card UK – Carers ID Card](#)
- [Time for young people, Leeds | The Children's Society](#) is an emotional wellbeing support space for young people who live and study in Leeds. They also support care leavers and young people with disabilities. Open access, no waiting list, drop-in support.