

# SUPPORTING A FRIEND

There are many different ways you can support a friend who is a young carer. Start the conversation and find out how you can help!

Our Young Carer Leaders share their experiences:

**YOUNG CARERS** are children and young people, **25 YEARS AND UNDER**, who help **CARE** for a **FAMILY MEMBER OR FRIEND** with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

## OFFER A SHOULDER TO LEAN ON AND AN EAR TO LISTEN

“Given me emotional support and a shoulder to lean on when the stress gets too much.”

“One friend has offered to have a conversations and chit chat over the phone when I needed to talk about things.”

“My best friend often listens to me rant and rant about anything and everything. Even if they didn’t understand my experience of being a young carer, they were still listening to me speak on my experiences.”

## BE UNDERSTANDING AND FLEXIBLE

“One thing a friend has done to help me with my caring role is being understanding towards my circumstances and understand that things can change at the drop of a hat.”

“Friends have supported me by doing simple things like giving me space if needed and being present when I could use their support.”

## CREATE TIME TO HANGOUT THAT SUITS MY NEEDS AND SCHEDULE

“They set aside time that we both can go hangout for food... something nice and simple.”

## OFFER TO HELP CREATE BALANCE

“One thing a friend has done to support me in my caring role is to help me balance my life with work, friends and my caring role to my mum.”

## OFFER A HUG

“Sometimes when feeling low just getting a hug can turn my mood around, the simple act of just offering can be enough to bring a smile to my face.”



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Australia

For information, support or to join the Young Carer Community call

**02 9280 4744**

or visit [www.youngcarersnsw.org.au](http://www.youngcarersnsw.org.au)