

Dear NHS...



Young carers

It is estimated that there are 700,000 young carers in the UK.

Young carers are children and young people who often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

The NHS Youth Forum have come up with questions that they think are important for everyone to ask, and keep asking, decision makers about the identification of young carers so that the NHS can understand, celebrate and support the immense contribution of young carers and importantly ensure they get the childhood they deserve.



@NHSYouthForum



NHSEnglandYF



Questions to ask:

- What are you doing to identify children and young people who are young carers?
- What are you doing to support individual young carers?
- What are you doing to improve the mental health and wellbeing of young carers?
- What are you doing to recognise and support individual young carers (in your area/area of work)?
- What are you doing to enable young carers to have the childhood they deserve?
- What are you doing to celebrate the work of young carers?
- Young people often seek help from their peers first. What are you doing to increase understanding amongst young people generally about young carers?
- What are you doing with health care professionals to raise their awareness so that they know the actions they should take if they identify a young carer?



#DearNHS