



YOUNG CARERS

There is lots of information out there for Young Carers but sometimes it can be hard to find it all in one place, hopefully this resource can help guide you to the right place.

Citizens Advice Somerset can advise young carers and anyone in Somerset on a wide range of issues such as benefits, housing, debt and much more. For specific advice, please get in touch [here](#).

The national **Citizens Advice** website has a wealth of information about [help and support for carers](#).

There are also lots of other organisations that can provide advice and support for carers, we have listed some below:

- The **NHS** has some helpful links to information for young carers, about the [help for young carers](#) and your [rights as a young carer](#)
- **Action for Children Sidekick** is an anonymous and confidential text service for young carers aged 13-18 in the UK. Young people can message any time, about anything that's bothering them. Their friendly team will find the answer and reply within 24 hours.

Visit [Carers.org](#) for lots more information all in one place along with a search function to find services for young carers in your local area.

In Somerset, **Somerset Council** provides support, advice and respite breaks for children and young people under 18 who have substantial caring responsibilities at home. You can find out about Young Carers Groups [here](#).

There is also **Friends of Somerset Young Carers** who you can find out about [here](#).