

LET'S TALK ABOUT IT!

Young caregivers in high school

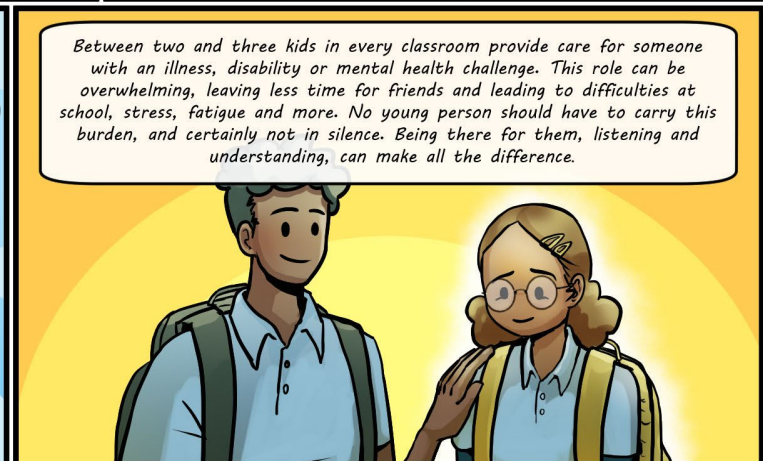
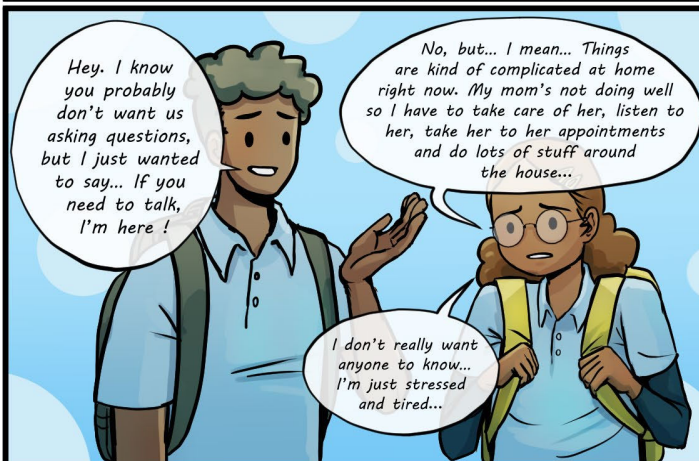
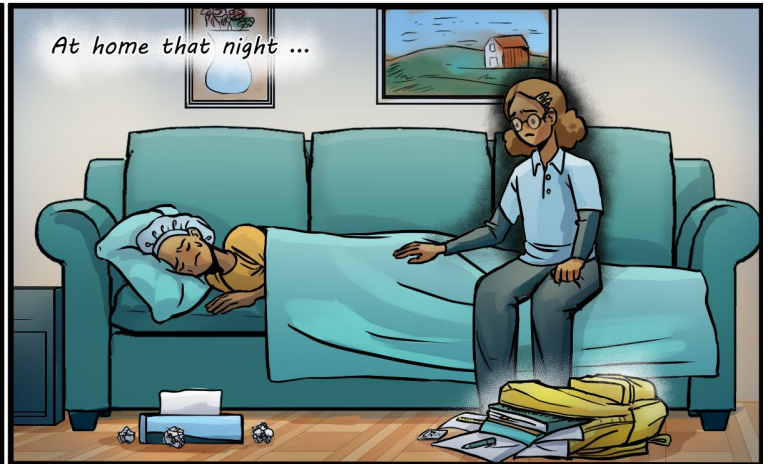
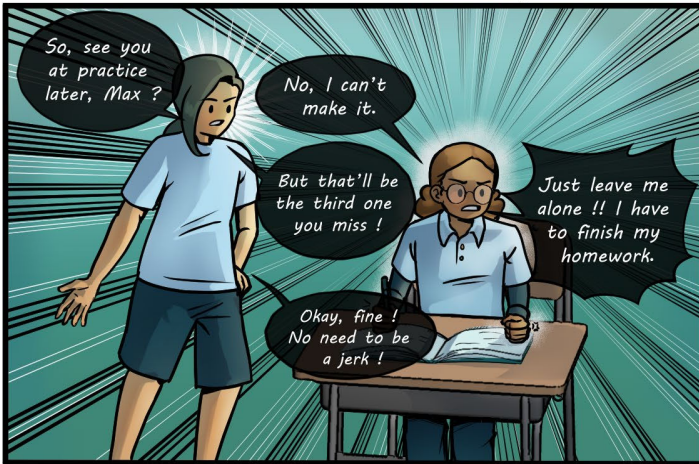
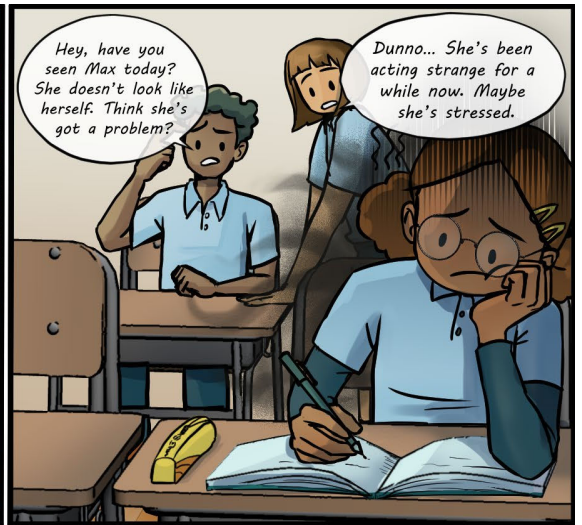
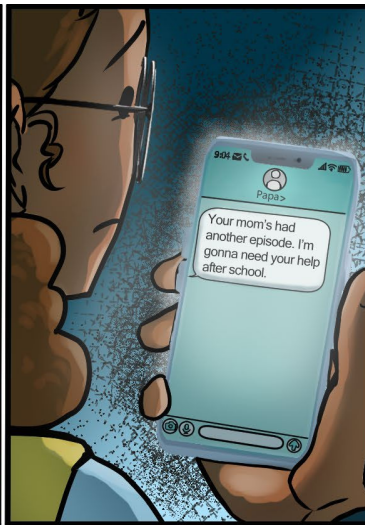


En partenariat avec :



amiquébec
Allié.e.s en santé mentale
Allies in mental health





Who is this comic for?

This one-page comic was designed to raise awareness of what it's like to be a young person with caregiving responsibilities while they're still in school. Perhaps Max's story struck a chord with you — maybe you saw yourself in it, or someone you know!

→ What is young caregiving?

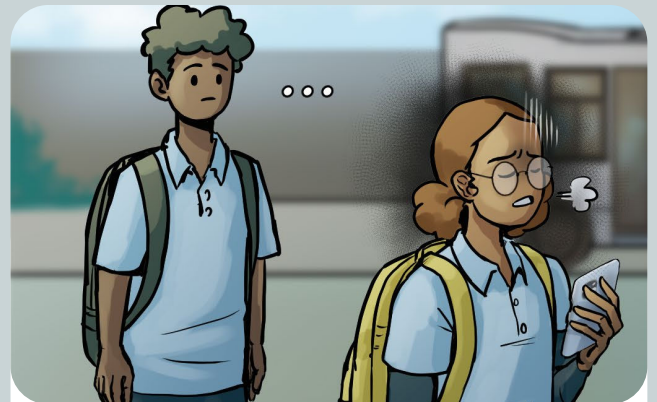
"Young caregiving" refers to situations where a child, teen or young adult helps look after someone in their immediate circle who needs support, whether due to disability, chronic illness, addiction issues or mental health challenges. That person can be a parent, sibling, grandparent or a friend. Young people who take on this role are known as **young caregivers** (or carers).

Their responsibilities are varied and may include:

- Helping a loved one dress, get around, feed themselves, bathe or take their meds.
- Accompanying them to their medical appointments.
- Taking on a major share of the household tasks (cleaning, meal prep, shopping, etc.) — i.e., beyond what would normally be expected of someone their age.
- Listening and providing emotional support.
- During appointments, translating information relayed by professionals into the mother tongue of the person they help care for.
- Caring for other family members, like their younger siblings.

To find out more about young caregiving

Kare – The Magazine for Young Caregivers



→ Think this could be you?

Below are a few signs that may indicate you are a young caregiver:

- You help someone you're close to with daily tasks, self-care or medical treatment.
- You often worry about that person's health or well-being.
- You're short on time or energy for yourself, your friends, your homework or your hobbies.
- The situation makes you feel stressed out, tired or lonely.
- You don't talk about what you're going through with friends or teachers.

You are not alone. There are [resources](#) who can help you, listen to you and provide support if you need it.

→ Do you recognize a friend or classmate in this role?

If you have a friend or classmate who provides care to someone, here's what you can do:

- Be there: Simply listening without judgment and being someone they can talk to is a huge help.
- Be open and caring: Ask questions without pushing for answers.
- Learn more about young caregiving: Try to understand what it's like to have to take on this responsibility at a young age. You'll be better positioned to provide meaningful support.
- Talk to them about the [available resources](#): They may not know that help is out there.

Where can you get help?



Trusted adults at school (a teacher or staff member)

Tel:jeunes



Chat



Text
514 600-1002



Phone
1-800 263-2266



Health and wellness support services for young people and their families

Find an Aire ouverte centre

Appui proches aidants



Live chat



Phone
1 855 852-7784



santé mentale

Service for the close ones of people with mental health issues



Phone
1 855 272-7837



Find a member organization in your area



Do you work in a high school?

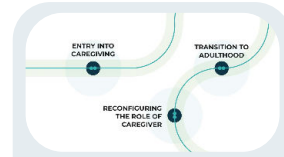
As a staff member, you have an important role to play in fostering recognition and support for young caregivers.

→ Below are a few ways you can help

Find out more about young caregiving



Consult the toolkit for healthcare providers, Supporting Caregivers Under the Age of 25



Explore the young caregivers trajectory



Be on the alert for signs that a young person might be in a caregiving situation. This could be the presence of someone in their circle who is struggling; it could also be signs like fatigue, isolation, falling behind in school or frequent absences.



Be aware that kids may not identify as “young carers”, but may still need support.



Remember that some young caregivers will do anything to avoid drawing attention to their situation, often through fear of stigma, bullying or negative repercussions for themselves or their family.

→ A few suggestions for better supporting young caregivers:



Express your concerns, show interest and ask questions while respecting their willingness to share (or not) about their situation.



Validate their experience and emotions.



Listen actively and explore how the school might help (e.g., more flexibility with assignment deadlines, special arrangements for absence).



Make sure they have the support they need, and refer them to specialized resources if required.

See the list of resources for young caregivers



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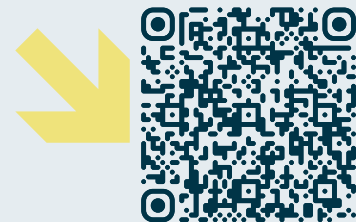
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To see the **other publications linked** to this project or to read about the **process used** to put together this publication



We welcome any comments or suggestions

you may have about this publication.

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