

Tips from other young carers about how to get help at school

Ways to get help

GATHER INFORMATION

Getting help is possible. You could be eligible for support such as financial assistance, in-home help like cooking or cleaning, emergency respite, counselling, and school holiday programs.

Talk with Care2Serve on 1800 422 737 or email intake@care2serve.com.au

Find more helpful information at www.care2serve.com.au

FIND A TEACHER YOU TRUST

Is there a teacher, nurse, or counsellor at school you trust? Could you email or speak with them? Do you know what you'd like to say? If you're not sure, maybe your parent or guardian could get in touch with the school to let them know what's going on at home. Work with that teacher to create a plan that will help and suit you. This can also help make the school a better place for other young carers too.

IN-SCHOOL LEARNING SUPPORT

If you've had time away from school, or you've found it hard to focus in class, you could fall behind. You have the right to ask for help so you can catch up. You could get help with things like tutoring, alternative homework & assignments, printed or emailed class notes, or just a quiet, private place to catch up on schoolwork. You'll need to be brave, find that trusted teacher, school counsellor or nurse, and ask them to work with you to make a plan.

Working with at least one teacher at school that will continue to speak up with you (and for you) will be a huge help.

Having breaks from your caring role, can give you more time to study & catch up on school work.

Scan Here



Take a look at Carers Tasmania's Young Carers Booklet for more information.



You have rights under the Convention on the Rights of the Child. Check them out.

EMOTIONAL SUPPORT/COUNSELLING

Talking with a counsellor can really help you work through what is happening. Call **Care2Serve** to find out more: **1800 422 737** (press 1 at the menu) or email. If you think you're in danger, might harm yourself or someone else, immediately call Emergency on **000**.

If you need immediate emotional support (but aren't at risk of harm), call **Kids Helpline** on **1800 55 1800**.

RESPITE

Being able to have breaks from your caring role is called respite. There are different types of respite, such as the person you support might stay somewhere else for a little while or attend an activity or community group while you have a break. Another type of respite is where a paid support worker could help at home for a few hours.

FINANCIAL

You may be able to get some financial support for school equipment & supplies. If you're aged between 12 and 25, you could apply for the **Young Carer Bursary Program**.

For more information, check out:

www.youngcarersnetwork.com.au or call **Care2Serve**.

TRANSLATOR

For free **Translating & Interpreting Services (TIS)** call **131 450**.

For AUSLAN (sign language) help, **Text Expression Australia: 0418 341 373**.

A young carer is a person aged 25 or under who supports someone with their physical or mental health needs. This could be for a parent, sibling, friend, or other family member.

All children and young people have the *right* to be supported at school. Talk with Care2Serve about how to get the help you need.

