

Young Carers

Eastern Ravens Trust

Eastern Ravens Trust currently provide a wide range of support to young carers who live within the Stockton Borough.

These include:

- **Respite Breaks:** time out for young carers to meet others in similar situations, take part in activities similar to their peers, group work to increase confidence and self-esteem.
- **Family Support:** help for parents and guardians, including listening ear support and signposting to other agencies and services.
- **Whole Family Activities:** opportunities for young carers and their families to enjoy fun activities together, reducing isolation and combating poverty.
- **Schools/Colleges:** raising awareness of young carers and their issues with pupils and school staff.

For further information contact Eastern Ravens Trust by telephone: 01642 678454, email: info@easternravenstrust.org

YoungCarers.net

Youngcarers.net offers an online support service for young people, aged 18 and under in the UK, who help to look after someone in their family who has an illness, disability, drug/alcohol addiction or mental health condition.

It is a place where young carers can find other young people in a similar position, chat to each other, share their stories and hear about each other's experiences in a safe environment.

[Visit Babble the Youngcarers.net website for further information](#)