



KITS

Young Carer Information and Advice Kit

Contents:

1. **Young Carer Relaxation CD:** Give it a go it gets better each time you try.
2. **Journal:** Contains helpful contact numbers and websites of services that can assist you as Young Carers. It also provides a handy guide for Young Carers to establish a carer plan and tips on how to and why keeping a journal can be beneficial.
3. **Supporting Families Supporting Young Carers** information booklet
4. **WHO CARES? WE DO** – info MAG
5. **Pen & Magnet** with handy contact info for supports

How can I get a Young Carer Information Kit to help me in my caring role or for a Young Carer that I feel may benefit from the information and advice it contains?

The Young Carer Information Kit and has been put together to assist young carers find the support they need. It contains tips on how to care safely and to deal with challenges call Carers SA for a copy.