Young Carers

Template wording for mental health service referral forms

Young people's mental health services:

Short version: If you have a section about issues in young people's lives, please add a tick box or prompt which says 'Supporting or caring for family or friends due to illness, disability, or drug/alcohol issues'

Longer version: If you have more space, please add information and questions like these...

Caring responsibilities: We know there are good things about looking after someone (e.g. family/friends) if they need it, but helping to look after someone can also be hard. The following questions will help us know if you help support someone and how this is affecting you, so we can offer the right support for you.

1. Do you have any responsibilities at home or help to care for anyone due to: (please tick all that apply)

☐ Long term physical illness

☐ Physical or learning disability

☐ Mental Illness

☐ Issue with drugs / alcohol

2. Please tell us a bit about the care that you provide/your daily routine:
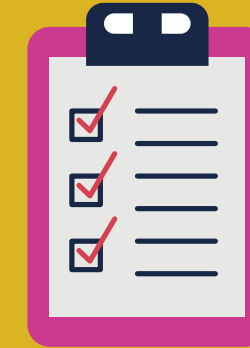
3. How does this affect your mental health?

Adult mental health services:

Our families often get very worried about being asked about their children and whether this will mean social services get involved. If you include these or similar questions on your forms, please make sure you include a clear statement about how this information will be used (and include links to your organisation's privacy or confidentiality policy where relevant).

On referral forms:

Who helps to support you at home when you are ill (if anyone)? This could include your partner, your children, neighbours, friends etc.

On referral and/or initial assessment forms:

We're here to help you but also the people who support you when you're ill. If you have children at home:

- Does your illness affect them in any ways? (e.g. their education, wellbeing, friendships etc.)

- Do they get any support around this?

- If not, would this be helpful?

- *If yes, signpost to local young carers service or local council webpage about young carers.*

YOUNG
CARERS
NATIONAL
VOICE

LOUDER TOGETHER

Thank you

Implement this wording today.