

## KEY MESSAGES TO PROFESSIONALS FROM YOUNG CARERS

Young Carers working on the 'Keeping the family in mind' research (Barnados, Liverpool 2007) came up with these 10 key messages for mental health professionals working with families.

1. Introduce yourself. Tell us who you are and what your job is.
2. Give us as much information as you can.
3. Tell us what is wrong with our parents.
4. Tell us what is going to happen next.
5. Talk to us and listen to us. Remember it is not hard to speak to us, we are not aliens.
6. Ask us what we know and what we think. We live with our parents, we know how they have been behaving.
7. Tell us it is not our fault. We can feel really guilty if our mum or dad is ill. We need to know we are not to blame.
8. Please don't ignore us. Remember we are part of the family and we live there too.
9. Keep on talking to us and keep us informed. We need to know what is happening.
10. Tell us if there is anyone who can support us or someone we could talk to.