



**As many as one in 12 pupils look after someone at home who is ill, disabled or has a mental health condition or addiction problem.**

Some help by:

- Cleaning, cooking, shopping.
- Sorting out medication.
- Looking after brothers or sisters.
- Supporting someone emotionally, or physically.

**“You might need support to get good marks in exams ... to enjoy school and not worry about the people that you care for at home.”**

A pupil who helps look after someone at home

**If you help look after someone at home, don't miss out.**

**Whether you're looking for advice, support or just want someone to talk to, get in touch with:**