



Caring for a family member influences the mental health and wellbeing of teenagers

Addressing the resilience of adolescent young carers

Taking on caring tasks without being prepared can have negative consequences for adolescent young carers' mental health. The lack of appropriate support at this transitional phase of their life may jeopardise [...] their life chances (OECD, 2016). In addition to the impact at individual level, the failure to adequately support adolescent young carers has long-term negative consequences for society as a whole.

"I carried the burden and it had a major effect on me – I had suicidal thoughts, I was depressed." said Angela, looking back at her life as an adolescent young carer.

Adolescent young carers are young people (15-17 years old) providing significant or substantial care, assistance or support to family members. They assume a level of responsibility that would usually be associated with an adult. In the United Kingdom, it is estimated that around 8% of population 11-18 years old are young carers.

A European consortium of **prominent universities, research institutes and civil society organisations** is launching an **ambitious research and innovation project** - funded by the European Union under the **Horizon 2020 Programme**.

Me-We - abbreviation for Psychosocial Support for Promoting Mental health and wellbeing among adolescent young carers in Europe - aims to **strengthen the resilience of adolescent young carers**, in order to positively impact their mental health and wellbeing.

The Me-We Project seeks to **challenge the status quo**. Over the next 39 months, the 10 partners (Belgium, Italy, Netherlands, Slovenia, Sweden, Switzerland and UK) will build up the evidence on adolescent young carers. The encountered effective policy frameworks and good practices will serve as basis for an **innovative framework of primary prevention interventions** to be adapted and tested in 6 countries (Italy, Netherlands, Slovenia, Sweden, Switzerland and UK).

The Me-We project adopts a **multidisciplinary and co-design approach**: researchers will engage directly with and involve adult young carers, together with major stakeholders - education professionals, social and care professionals, youth organisations, carer organisations,...- through all the stages of the project.

The goal of the ME-WE project is to ensure **good mental health** for adolescent young carers, which is increasingly recognised as an **important driver of economic growth and social development in Europe**.

If you want to know more about the project's rationale, results and findings, please visit: www.me-we.eu.

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More information on young carers' activities: <http://eurocarers.org/Young-Carers?lang=>



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The project partners



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