



Promoting mental health among adolescent young carers in Europe. The EU-funded ME-WE project

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The ME-WE project

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2

Project duration: January 2018 – March 2021

Project consortium: research institutes and civil society organisations from six different European countries + Eurocarers



Potential negative impacts of caring

Mental health and wellbeing

There are some positive impacts related to caring (self-esteem, empathy, maturity). Yet, having to reconcile the challenges of adolescent life with caring responsibilities can be overwhelming. Pressure associated with caring is considered as a **risk factor for mental ill-health**.

Education

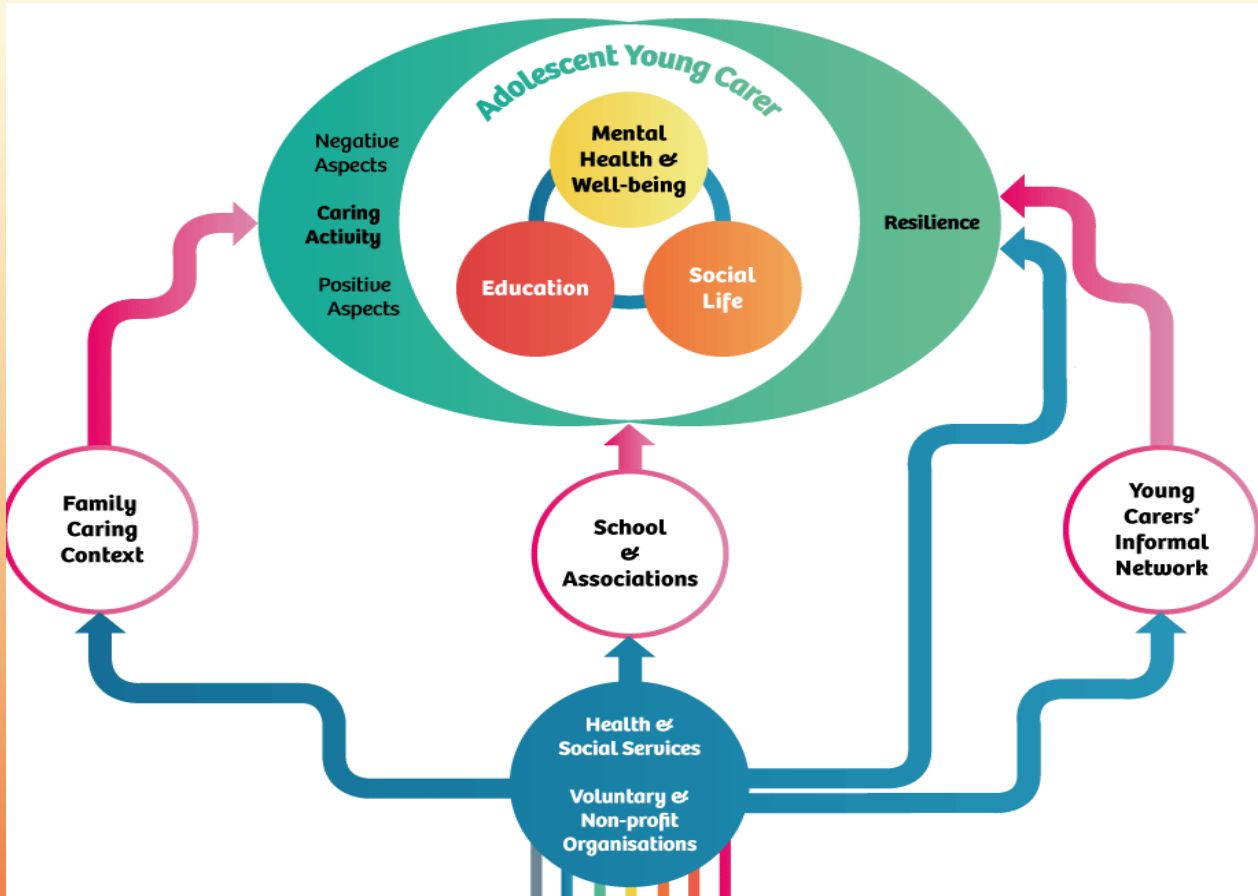
Caring can have a negative impact on young carers' education (under-achievement, absence and **drop-outs**) → **low employability**

Social Life

Young carers may have less time for personal development and leisure. They can also become victims of social stigma and bullying
→ **social exclusion**

An ambitious project

Overall goal: to mitigate the risk factor of being an adolescent young carer by empowering the young with **improved resilience** and **enhanced social support** (from family, schools, peers, services).



Resilience: the process of positive adaptation within the context of significant adversity

An innovative project

- ✓ **Cross-national comparisons** on the topic of young carers across **six European countries**, at different stages of awareness and development of services for adolescent young carers
- ✓ It develops an **innovative framework of primary prevention interventions** to be tested and adapted in 6 European countries at different stages of awareness and development of services for adolescent young carers.
- ✓ It is the first large scale programme to **demonstrate the impact** of a comprehensive **primary prevention intervention for improving resilience of adolescent young carers**.
- ✓ **Co-design approach**: researchers will engage directly with and involve adolescent and adult young carers, together with carer organisations and major stakeholders throughout all stages of the project.
- ✓ It ensures transversal **knowledge sharing** activities among partners and within clusters of countries.

The project objectives & activities

Objective 1: Systematise knowledge on AYC's (M1-12)

Profiles, needs and preferences of AYC's

National policy, legal and service frameworks

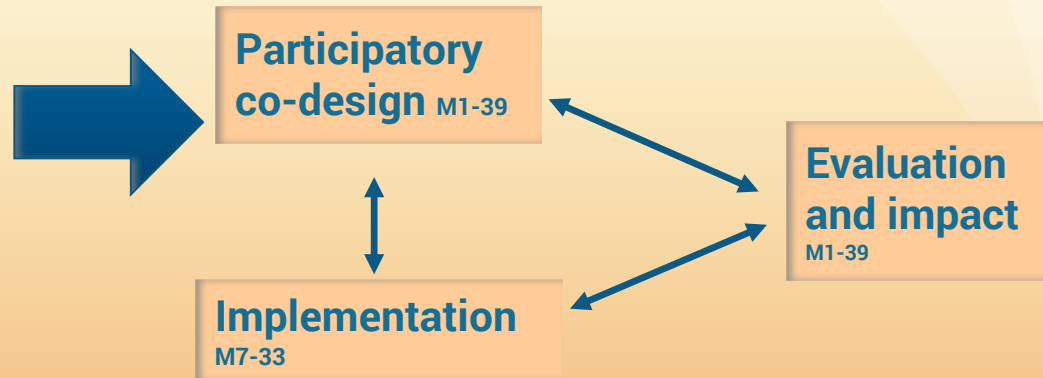
Good practices, social innovations & evidence



Objective 3: Carry out wide knowledge translation actions (M1-39)

Dissemination & translation of research into practice

Objective 2: Co-design, develop and test with AYC's an effective framework of interventions





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